



Naturefest Sept. 19—See page 20

Fall 2004



Herndon Community Center

(703) 435-6868 • (703) 787-7300

814 Ferndale Avenue • Herndon, VA

www.herndon-va.gov

General Information

TOWN OF HERNDON TOWN COUNCIL

Michael L. O'Reilly, Mayor
Darryl C. Smith, Vice Mayor
Carol A. Bruce
Dennis D. Husch
Steven D. Mitchell
Ann V. Null
Harlon Reece
Steve Owen, Town Manager

PARKS AND RECREATION DEPARTMENT

"Promoting a sense of community and enriching the quality of life."

Arthur A. Anselene, Director
Sue Berkemeier, Administrative Assistant
Lori Rowland, Office Assistant
Sheri Branch, Office Assistant
Kathy Rottier, Office Assistant
Cynthia Hoftiezer, Projects Coordinator
Cindy Roeder, Recreation Services Manager
Recreation Services Supervisors
Ann Hoy, (Camps, Arts & Crafts)
Holly Popple, (Fine & Performing Arts)
Tom Wissinger, (Sports, Fitness)
Kimberly Wood, (Trips, Senior Adults)
Susan Lilly, Town Naturalist
Bob Hilferty, Indoor Tennis Manager
Laura Cudahy, Marketing Specialist
Teresa Rodriguez, Aquatic Services Manager
Loretta Gooding, Pool Operations Manager
Ed Mayr, Community Center Manager
Scott Garretson, Community Center Supervisor

MISSION

The Herndon Parks & Recreation Department provides a comprehensive leisure services program which is complementary and supplementary to services provided by Fairfax County and other community service organizations. The Department provides comprehensive recreation programs including instructional classes, community arts, sports, teen and special events, community center programs, and a neighborhood park system for all Town residents.

COMMUNITY CENTER FEES

Note: For pool use child(ren) age 8 & under must be accompanied by an adult. Child(ren) age 5 & under must be with a parent in the water. For fitness room use children must be age 14 or older. For gymnasium use children must be age 10 or older. Youth are those age 17 and under. Seniors are those age 60 and older.

*TOH-Resident Rate Requires ID with Address

DAILY ADMISSION:

		TOH-Resident*
Full Use	\$5.00	\$4.00
Seniors/Youth	\$3.00	\$3.00
Limited Use	\$3.00	\$2.50
Seniors/Youth	\$2.00	\$2.00

10-ADMISSION PASS:

		TOH-Resident*
Full Use	\$45	\$34
Limited Use	\$27	\$21

25-ADMISSION PASS:

		TOH-Resident*
Full Use	\$100	\$70
Seniors/Youth	\$60	\$45
Limited Use	\$60	\$45

ANNUAL PASS:

		TOH-Resident*
Single	\$450	\$315
2 Person Adult (Married Couple)	\$600	\$420
Additional Dependent (with purchase of Full Adult Pass)	\$100	\$70
Single-Senior/Youth	\$325	\$230
2-Person Senior (Married Couple)	\$425	\$300

Full Use:

The discount pass and daily admission fee for the pool includes use of the gymnasium (ages 10 & older) and the fitness room (ages 14 & older) as available.

Limited Use:

For use of the gymnasium or fitness room. Does not include use of the locker rooms or swimming pool.

GYM ONLY
(Mon.-Fri.) 3-5:30 PM
FREE FOR YOUTH
17 AND UNDER

Information and forms for class registration can be found on pages 30-31 of this brochure.

RACQUETBALL & WALLYBALL COURTS

Prime time hours are Mon.-Fri., 4-10 PM, plus Sat., Sun. & holidays.

Racquetball

Prime Time: \$4.50 per hour + admission fee per player • Non-Prime Time: \$2.50 per hour + admission fee per player

Wallyball

Prime Time: \$4 per court + admission fee per player • Non-Prime Time: \$2 per court + admission fee per player
 Wallyball court rental is for two hours.

COMMUNITY CENTER HOURS

All hours are subject to change due to special events in the Center.

AQUATIC FACILITY

Monday-Friday: 6 AM-10 PM
 Saturday & Sunday: 8 AM-8 PM

FITNESS FACILITY

Monday-Friday: 6 AM-10:30 PM

OFFICE HOURS

Monday-Friday: 8:30 AM-5:30 PM
 Office will be closed Sept. 6, Oct. 11,
 Nov. 25 & 26.

Open Gym Schedule is on Page 12.

CENTER HOLIDAY HOURS:

Oct. 11
 6 AM-10:30 PM

Nov. 25 - *Thanksgiving*
 Closed

Nov. 26
 8 AM - 10 PM

PHONE

GENERAL INFORMATION • 703-435-6868
 POOL, RACQUETBALL, & RENTALS • 703-787-7300
 HEARING IMPAIRED RELAY • 1-800-828-1120-TDD

FAX • 703-318-8652
 TOUCHTONE REGISTRATION • 703-707-2662
 WEBSITE: WWW.HERNDON-VA.GOV

REGISTRATION DATES

Registration for all Town of Herndon residents will open at 11 AM on Monday, August 16th. Registration for all non-Town of Herndon residents will open at 11 AM on Friday, August 20th. Starting on these dates you will be able to register online, by our touchtone system, by walking into the community center, by mail, by dropping off your form at the community center, or by fax. Please see "How Registration Works" on Page 30 & 31 for more information.

Registration for classes with this icon is not available on line or by the touchtone system.



The Herndon Community Center is committed to providing recreation for all persons. Every reasonable effort will be made to provide accommodations based on individual need. Please contact us no later than two weeks in advance for assistance.

Part-Time Seasonal Opportunities Available

Are you looking for part-time work close to home? Do you have an interest or skill you can share with others? The Herndon Parks and Recreation Department is seeking enthusiastic individuals to fill a variety of instructor positions. All programs are held at the Herndon Community Center, days and hours are generally flexible to meet your schedule. Hourly wage is based on training, certification and/or experience. We're looking for people to teach Fitness, Yoga, Pilates, Cooking, Arts & Crafts, as well as Gymnastics Assistants and Sports Instructors. Or share your hobby or interest - we're always looking for something new to offer. **Contact the Herndon Community Center at 703/435-6868 for details or an application or download from our website www.herndonva.gov and click on "Employment."** **Share your talent-TEACH!**



GIVE THE GIFT OF FUN

Town of Herndon Parks & Recreation offers gift certificates in any amount. A great way to celebrate life and give the gift of fun! Gift certificates can be used for admission fees, trips, or classes. Stop by the community center or call 703-787-7300 to order by phone.

RENTAL SPACE

—For Meetings & Parties

The Herndon Community Center is available for private parties, receptions, meetings and other activities when space is available. The Center can accommodate sit-down functions for up to 375 people or provide meeting space for up to 100 people. The Center is equipped with tables, chairs, and stage. Arrangements for all types of functions can be made. In addition the Town operates the Industrial Strength Theatre, a 100-seat black box theatre. This facility is also available for rental. For available dates, times, and rental rates, please call **703-787-7300**.



BIRTHDAYS ARE SPECIAL

(& Headache Free)

Celebrate your birthday with Herndon Parks & Recreation. You get cake & punch, room decorations, goodie bags, swimming, no hassle, and an undisturbed house!

Call 703-787-7300

for details and to schedule.

P.S. Ask our Naturalist about our Nature Birthday Parties!

Call (703) 787-7300.

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FALL HIGHLIGHTS

Jazz & Wine Fest	Sept. 6
Closed Tennis Tourney	Sept. 11-17
Pet Parade	Sept. 8
Nature Fest	Sept. 19
Tennis Bubble Opens	Sept. 27
Folk Fest	Oct. 3
Harvest Moon Swim Meet	Oct. 9-10
Spooktacular	Oct. 22
Turkey Trot	Nov. 20
Towne Square Singers	
Holiday Show	Dec. 3-5
Holiday Arts & Crafts Show	Dec. 5
NYC Trip	Dec. 10-12
Volleyball Tourney	Dec. 10-12
Indoor Men's Tennis Tourney	Dec. 26-28
Indoor Boy's Tennis Tourney	Dec. 29-Jan. 2

Preschool Aquatics

**THE POOL WILL BE CLOSED OCT. 9-10
due to the Harvest Moon Swim Meet.
No aquatics classes are scheduled for that weekend.**

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless a child is

practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

PRESCHOOL SWIMMING GUIDELINES

To Enroll... Child Needs

Starfish	No experience necessary
Seahorse	Successful completion of Starfish or ability to: <ul style="list-style-type: none"> Put face in the water Blow bubbles Kick on front using barbells without assistance Float on back with assistance
Otters	Successful completion of Seahorse or ability to: <ul style="list-style-type: none"> Submerge totally bobbing 10 times Float on the back independently Front glide with kick Swim with armstroke 10 feet
Manatees	Successful completion of Otters or ability to: <ul style="list-style-type: none"> Jump in 12 feet and return to side without assistance Front crawl 25 feet taking breaths Elementary backstroke arm motion 10 yards Back crawl 10 yards Sitting dive
Sharks	Successful completion of Manatees or ability to: <ul style="list-style-type: none"> Front crawl 25 yards w/ rhythmic breathing Elementary backstroke 25 yards Back crawl 25 yards Diving - sitting and kneeling Ability to swim across deep end of pool

AQUATOTS

Instructor works closely with parent in helping infant develop basic water skills including: water adjustment, safety and experiencing supported movement through the water. **BABIES ARE REQUIRED TO WEAR PLASTIC PANTS WITH ELASTIC AT THE LEGS AND WAISTBAND OVER THEIR SWIM OR CLOTH DIAPERS OR COTTON TRAINING PANTS.**

Swim with parent

Ages 6-18 months	8, 25 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
10:30-10:55 AM	2011.101
Mon./Wed.	Session 2
10:30-10:55 AM	2011.102
Mon./Wed.	Session 3
10:30-10:55 AM	2011.103
Sat. only	
10-10:25 AM	2011.604
Mini Session	4, 25 min. sessions
\$32	TOH-\$29
Sat. Mini	
10-10:25 AM	2011.605

GUPPIES

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. **TODDLERS ARE REQUIRED TO WEAR PLASTIC PANTS WITH ELASTIC AT THE LEGS AND WAISTBAND OVER THEIR SWIM OR CLOTH DIAPERS OR COTTON TRAINING PANTS.**

Swim with parent

19 months-5 years	8, 25 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
10-10:25 AM	2012.101
Mon./Wed.	Session 2
10-10:25 AM	2012.102
Mon./Wed.	Session 3
10-10:25 AM	2012.103
Fri. only	
11-11:25 AM	2012.504
Sat. only	
9:30-9:55 AM	2012.605
Mini Session	4, 25 min. sessions
\$32	TOH-\$29
Fri. Mini	
11-11:25 AM	2012.506
Sat. Mini.	
9:30-9:55 AM	2012.607

THE NIGHT-BEFORE-HALLOWEEN SCREAM-IN/DIVE-IN MOVIE

Join us for tricks, treats, games, and an old fashioned scary movie to get in the mood for Halloween. Games and grub from 5-6 PM.

Movie begins at 6 PM sharp. Kids under 12 must be accompanied by parent or guardian.

Kids under 6 must have parent in the water with them.

Pool floats and rafts are welcome.

Adults -\$3 Children under 16-\$2

Sat., Oct. 30 5pm

Wacky Wednesday

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full day school programs (kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult) and filled with our wacky water toys. A great activity for those brisk fall days!

Ages 5 & under
\$3 parent/child
\$1 each additional child
Every Wed., 1-3 PM

STARFISH

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.

Child's first water experience without parent

Ages 3-6	8, 25 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
9:30-9:55 AM	2013.101
10:30-10:55 AM	2013.102
6:30-6:55 PM	2013.103
Mon./Wed.	Session 2
9:30-9:55 AM	2013.104
10:30-10:55 AM	2013.105
6:30-6:55 PM	2013.106
Mon./Wed.	Session 3
9:30-9:55 AM	2013.107
10:30-10:55 AM	2013.108
6:30-6:55 PM	2013.109
Tues./Thurs.	Session 1
10-10:25 AM	2013.210
11-11:25 AM	2013.211
1-1:25 PM	2013.212
6-6:25 PM	2013.213
Tues./Thurs.	Session 2
10-10:25 AM	2013.214
11-11:25 AM	2013.215
1-1:25 PM	2013.216
6-6:25 PM	2013.217
Tues./Thurs.	Session 3
10-10:25 AM	2013.218
11-11:25 AM	2013.219
1-1:25 PM	2013.220
6-6:25 PM	2013.221
Wed. only	
1-1:25 PM	2013.322
Fri. only	
11:30-11:55 AM	2013.523
Sat. only	
8:30-8:55 AM	2013.624
8:30-8:55 AM	2013.625
Sun. only	
10-10:25 AM	2013.726
Mini Session	4, 25 min. sessions
\$32	TOH-\$29
Wed. Mini	
1-1:25 PM	2013.327
Fri. Mini	
11:30-11:55 AM	2013.528
Sat. Mini	
8:30-8:55 AM	2013.629
8:30-8:55 AM	2013.630
Sun. Mini	
10-10:25 AM	2013.731

SEAHORSE

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced.

Previous water experience

Ages 3-6	8, 25 min sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
10-10:25 AM	2014.101
11-11:25 AM	2014.102
5:30-5:55 PM	2014.103
7-7:25 PM	2014.104
Mon./Wed.	Session 2
10-10:25 AM	2014.105
11-11:25 AM	2014.106
5:30-5:55 PM	2014.107
7-7:25 PM	2014.108
Mon./Wed.	Session 3
10-10:25 AM	2014.109
11-11:25 AM	2014.110
5:30-5:55 PM	2014.111
7-7:25 PM	2014.112
Tues./Thurs.	Session 1
9:30-9:55 AM	2014.213
10:30-10:55 AM	2014.214
1:30-1:55 PM	2014.215
4:30-4:55 PM	2014.216
6:30-6:55 PM	2014.217
Tues./Thurs.	Session 2
9:30-9:55 AM	2014.218
10:30-10:55 AM	2014.219
1:30-1:55 PM	2014.220
4:30-4:55 PM	2014.221
6:30-6:55 PM	2014.222
Tues./Thurs.	Session 3
9:30-9:55 AM	2014.223
10:30-10:55 AM	2014.224
1:30-1:55 PM	2014.225
4:30-4:55 PM	2014.226
6:30-6:55 PM	2014.227
Wed. only	
10:30-10:55 AM	2014.328
1:30-1:55 PM	2014.329
Fri. only	
12-12:25 PM	2014.530
Sat. only	
9-9:25 AM	2014.631
10:30-10:55 AM	2014.632
Sun. only	
10:30-10:55 AM	2014.733
Mini Session	4, 25 min. sessions
\$32	TOH-\$29
Wed. mini	
10:30-10:55 AM	2014.334
1:30-1:55 PM	2014.335
Fri. mini	
12-12:25 PM	2014.536
Sat. mini	
9-9:25 AM	2014.637
10:30-10:55 AM	2014.638
Sun. mini	
10:30-10:55 AM	2014.739

OTTERS

Our Otter students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

Preschool swimmer

4-6 years	8, 25 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
11-11:25 AM	2015.101
5-5:25 PM	2015.102
Mon./Wed.	Session 2
11-11:25 AM	2015.103
5-5:25 PM	2015.104
Mon./Wed.	Session 3
11-11:25 AM	2015.105
5-5:25 PM	2015.106
Tues./Thurs.	Session 1
10:30-10:55 AM	2015.207
2-2:25 PM	2015.208
5:30-5:55 PM	2015.209
Tues./Thurs.	Session 2
10:30-10:55 AM	2015.210
2-2:25 PM	2015.211
5:30-5:55 PM	2015.212
Tues./Thurs.	Session 3
10:30-10:55 AM	2015.213
2-2:25 PM	2015.214
5:30-5:55 PM	2015.215
Wed. only	
11-11:25 AM	2015.316
Fri. only	
12:30-12:55 PM	2015.517
Sat. only	
11-11:25 AM	2015.618
Sun. only	
11-11:25 AM	2015.719
Mini Sessions	4, 25 min. sessions
\$32	TOH-\$29
Wed. mini	
11-11:25 AM	2015.320
Fri. mini	
12:30-12:55 PM	2015.521
Sat. mini	
11-11:25 AM	2015.622
Sun. mini	
11-11:25 AM	2015.723

MANATEES

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl taking at least two breaths and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

An advanced course for the preschool swimmer

Ages 4-6	8, 25 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
9:30-9:55 AM	2016.101
6-6:25 PM	2016.102
Mon./Wed.	Session 2
9:30-9:55 AM	2016.103
6-6:25 PM	2016.104
Mon./Wed.	Session 3
9:30-9:55 AM	2016.105
6-6:25 PM	2016.106
Tues./Thurs.	Session 1
10-10:25 AM	2016.207
5-5:25 PM	2016.208

Tues./Thurs.	Session 2
10-10:25 AM	2016.209
5-5:25 PM	2016.210
Tues./Thurs.	Session 3
10-10:25 AM	2016.211
5-5:25 PM	2016.212
Wed. only	
10-10:25 AM	2016.313
2-2:25 PM	2016.314
Fri. only	
1-1:25 PM	2016.515
Sun. only	
11:30-11:55 AM	2016.716
Mini Sessions	4, 25 min. sessions
\$32	TOH-\$29
Wed. mini	
10-10:25 AM	2016.317
2-2:25 PM	2016.318
Fri. mini	
1-1:25 PM	2016.519
Sun. mini	
11:30-11:55 AM	2016.720

SHARKS

This class has been designed for preschoolers who have passed Manatee, but are not old enough for Red Cross Level classes. Students MUST be able to swim 25 yards of freestyle and backstroke, and demonstrate a basic knowledge of butterfly and breaststroke. Sharks classes accept up to eight students per class. This is the most advanced preschool class offered.

Ages 4-6	8, 25 min sessions
\$63	TOH-\$58
Wed. only	
2-2:25 PM	2017.301
Fri. only	
1:30-1:55 PM	2017.502
Mini Sessions	4, 25 min. sessions
\$32	TOH-\$29
Wed. mini	
2-2:25 PM	2017.303
Fri. mini	
1:30-1:55 PM	2017.504

AQUATICS SCHEDULE

(No classes Oct. 9-10 & Nov. 24-28)

Sat. only	Sept. 11-Nov. 6
Sun. only	Sept. 12-Nov. 7
Sun. Developmental	Sept. 12-Dec. 12
Mon./Wed. Session 1	Sept. 13-Oct. 6
Mon./Wed. Session 2	Oct. 11-Nov. 3
Mon./Wed. Session 3	Nov. 15-Dec. 8
Tues./Thurs. Session 1	Sept. 14-Oct. 7
Tues./Thurs. Session 2	Oct. 12-Nov. 4
Tues./Thurs. Session 3	Nov. 16-Dec. 14
Mon. only	Sept. 13-Nov. 1
Tues. only	Sept. 14-Nov. 2
Wed. only	Sept. 15-Nov. 3
Wed. only	Sept. 15-Dec. 8
Thurs. only	Sept. 16-Nov. 4
Fri. only	Sept. 17-Nov. 5

MINI SESSIONS

Sat.	Nov. 20-Dec. 18
Sun.	Nov. 21-Dec. 19
Mon.	Nov. 15-Dec. 6
Tues.	Nov. 16-Dec. 7
Wed.	Nov. 17-Dec. 8
Thurs.	Nov. 18-Dec. 16
Fri.	Nov. 19-Dec. 17

Youth Aquatics

THE POOL WILL BE CLOSED TO THE PUBLIC
every Tues., Wed., & Thurs. from 3:30-4:30 PM
beginning Nov. 2 and continuing until Feb.10 for Herndon High School Swim Team Practice.

LEVEL 1

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

Ages 6 & up	8, 30 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
6-6:30 PM	2021.101
Mon./Wed.	Session 2
6-6:30 PM	2021.102
Mon./Wed.	Session 3
6-6:30 PM	2021.103
Tues./Thurs.	Session 1
5-5:30 PM	2021.204
Tues./Thurs.	Session 2
5-5:30 PM	2021.205
Tues./Thurs.	Session 3
5-5:30 PM	2021.206
Sat. only	
9:30-10 AM	2021.607
Sun. only	
11:30 AM-12 PM	2021.708
Mini Sessions	4, 30 min. sessions
\$32	TOH-\$29
Sat. mini	
9:30-10 AM	2021.609
Sun. mini	
11:30 AM-12 PM	2021.710

LEVEL 2

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

Ages 6 & up	8, 30 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
6:30-7 PM	2022.101
Mon./Wed.	Session 2
6:30-7 PM	2022.102
Mon./Wed.	Session 3
6:30-7 PM	2022.103
Tues./Thurs.	Session 1
5:30-6 PM	2022.204
Tues./Thurs.	Session 2
5:30-6 PM	2022.205
Tues./Thurs.	Session 3
5:30-6 PM	2022.206
Mon. only	
2-2:30 PM	2022.107
Sat. only	
9-9:30 AM	2022.608
Sun. only	
11-11:30 AM	2022.709
Mini Sessions	4, 30 min. sessions
\$32	TOH-\$29
Mon. only	
2-2:30 PM	2022.110
Sat. mini	
9-9:30 AM	2022.611
Sun. mini	
11-11:30 AM	2022.712

LEVEL 3

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

Ages 6 & up	8, 30 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
5:30-6 PM	2023.101
Mon./Wed.	Session 2
5:30-6 PM	2023.102
Mon./Wed.	Session 3
5:30-6 PM	2023.103
Tues./Thurs.	Session 1
6:30-7 PM	2023.204
Tues./Thurs.	Session 2
6:30-7 PM	2023.205
Tues./Thurs.	Session 3
6:30-7 PM	2023.206
Mon. only	
3:45-4:15 PM	2023.107
Sat. only	
10-10:30 AM	2023.608
Sun. only	
10:30-11 AM	2023.709

Mini Session	4, 30 min. sessions
\$32	TOH-\$29
Mon. mini	
3:45-4:15 PM	2023.110
Sat. mini	
10-10:30 AM	2023.611
Sun. mini	
10:30-11 AM	2023.712

LEVEL 4

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

Ages 6 & up	8, 30 min. sessions
\$63	TOH-\$58
Mon./Wed.	Session 1
5-5:30 PM	2024.101
Mon./Wed.	Session 2
5-5:30 PM	2024.102
Mon./Wed.	Session 3
5-5:30 PM	2024.103
Tues./Thurs.	Session 1
6-6:30 PM	2024.204
Tues./Thurs.	Session 2
6-6:30 PM	2024.205
Tues./Thurs.	Session 3
6-6:30 PM	2024.206
Mon. only	
3:15-3:45 PM	2024.107
Sat. only	
10:30-11 AM	2024.608
Sun. only	
10-10:30 AM	2024.709
Mini Session	4, 30 min. sessions
\$32	TOH-\$29
Mon. mini	
3:15-3:45 PM	2024.110
Sat. mini	
10:30-11 AM	2024.611
Sun. mini	
10-10:30 AM	2024.712

LEVEL 5

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deepwater work includes diving, water entries, and treading.

Ages 6 & up	8, 45 min. sessions
\$68	TOH-\$63
Mon. only	
2:30-3:15 PM	2025.101
Sat. only	
11-11:45 AM	2025.602
Mini session	4, 45 min. sessions
\$34	TOH-\$31
Mon. mini	
2:30-3:15 PM	2025.103
Sat. mini	
11-11:45 AM	2025.604

Come and play
with the floating polar bear or slide on
weekends from 1-4 pm!

YOUTH SWIMMING GUIDELINES

To enroll in	Child needs to...
Level 1	No experience necessary
Level 2	Successful completion of Level 1 or ability to: Face in water and blow bubbles Float on the back with assistance Kick on front using barbells
Level 3	Successful completion of Level 2 or ability to: Front and back kick 10 yards Retrieve object in chest deep water Enter deep water with support Combined stroke 5 yards
Level 4	Successful completion of Level 3 or ability to: Elementary Backstroke 5 yards Crawl stroke 20 yards Jump into deep water Kneeling dive
Level 5	Successful completion of Level 4 or ability to: Tread water 2 minutes Crawl stroke 25 yards with rotary breathing Breaststroke kick 10 yards Scissors kick 10 yards Standing dive
Level 6	Successful completion of Level 5 or ability to: Breaststroke & Sidestroke 10 yards 5 minute continuous swim Dolphin Kick 10 yards Crawl stroke 50 yards with rotary breathing

Youth Aquatics

ADAPTED AQUATICS

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. (Volunteers needed) Parents: Please pick up a physician referral form at the Aquatics Dept. before the first day of class. Also, parents may have to go in the water if there is a lack of volunteers.

Ages 3-7 **8, 30 min. sessions**
\$63 TOH-\$58

Fri. only
4:30-5 PM 2028.501

Ages 8-12
5-5:30 PM 2028.502

Mini Session

Ages 3-7 **4, 25 min. sessions**
\$32 TOH-\$29

Fri. mini
4:30-5 PM 2028.503

Ages 8-12
5-5:30 PM 2028.504

YOUTH DEVELOPMENTAL WORKOUT

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building.

* Ages 8 and under must swim 25 yds. freestyle without stopping

* Ages 9-12 must swim 50 yds. freestyle without stopping

* Ages 12-14 must swim 50 yd. freestyle and 25 yds. backstroke without stopping

12, 45 min. sessions
\$100 TOH-\$95

Sun. only
Ages 8 & under
11:30 AM-12:15 PM 2027.701
5-5:45 PM 2027.702
6:30-7:15 PM 2027.703

Ages 9-12
10:45-11:30 AM 2027.704
5:45-6:30 PM 2027.705
7:15-8 PM 2027.706

Ages 12-14
10-10:45 AM 2027.707

DIVING I

Introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles, and entries are also taught.

Ages 7 & up **8, 45 min. sessions**
\$68 TOH-\$63

Sat. only
9-9:45 AM 2029.601

Mini session **4, 45 min. sessions**
\$34 TOH \$31

Sat. mini
9-9:45 AM 2029.602

DIVING 2

This class is designed for children with previous springboard diving experience. The completion of Beginner 1 Diving or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

Ages 7 & up **8, 45 min. sessions**
\$68 TOH-\$63

Sat. only
9:45-10:30 AM 2029.603

Mini session **4, 45 min. sessions**
\$34 TOH-\$31

Sat. mini
9:45-10:30 AM 2029.604

SYNCHRONIZED SWIMMING CLASS

This class is designed as an introductory course for the sport of synchronized swimming. Students will learn the basic moves, skills and routines of the sport and acquire an appreciation for the athleticism required of synchro participants. Students must have the ability to swim at Level 5 proficiency and must be able to tread water for at least two minutes. Show on last day, Nov. 5.

Ages 8 & up **8, 1 hour sessions**
\$68 TOH-\$63

Fri only
4:30-5:30 PM 2070.501

SAFETY

LIFEGUARD TRAINING CLASS

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swim test on Saturday, Dec. 18 from 2-4 PM to remain in the course. The pre-course test includes:

- 1) A 500 yard continuous swim consisting of 100 yds. of freestyle, 100 yds. of backstroke, 100 yds. of sidestroke, and 200 yards choice;
- 2) Submerge and retrieve a ten pound brick in at least 7 feet of water;
- 3) Tread water for two minutes using only legs.

Students must attend all class sessions to pass this course!

Ages 15 & up **5, 6 hour sessions**
\$225 TOH-\$205

Pre-course test

Sat. **Dec. 18**
2-4 PM 2051.101

Mon.-Fri. **Dec. 27-Dec. 31**
9 AM-4 PM 2051.101

AQUATICS SCHEDULE

(No classes Oct. 9-10 & Nov. 24-28)

Sat. onlySept. 11-Nov. 6
Sun. onlySept. 12-Nov. 7
Sun. DevelopmentalSept. 12-Dec.12
Mon./Wed. Session 1Sept. 13-Oct. 6
Mon./Wed. Session 2Oct. 11-Nov. 3
Mon./Wed. Session 3Nov. 15-Dec. 8
Tues./Thurs. Session 1Sept. 14-Oct. 7
Tues./Thurs. Session 2Oct. 12-Nov. 4
Tues./Thurs. Session 3Nov. 16-Dec. 14
Mon. onlySept. 13-Nov. 1
Tues. onlySept. 14-Nov. 2
Wed. onlySept. 15-Nov. 3
Thurs. onlySept. 16-Nov. 4
Fri. onlySept. 17-Nov. 5

MINI SESSIONS

Sat.Nov. 20-Dec. 18
Sun.Nov. 21-Dec. 19
Mon.Nov. 15-Dec. 6
Tues.Nov. 16-Dec. 7
Wed.Nov. 17-Dec. 8
Thurs.Nov 18-Dec. 16
Fri.Nov. 19-Dec. 17



Adult Aquatics/Water Workouts

SENIOR SWIM TIME!

Seniors can visit the pool for a reduced rate of \$1.00 all day Tuesdays.

ADULT STROKE CLINIC

For the intermediate swimmer looking to improve technique of strokes to develop or enhance lap swimming.

12, 60 min. sessions

\$100 TOH-\$90

Wed. only Sept. 15-Dec. 8

8:30-9:30 PM 2039.301

ADULT BEGINNERS

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 min. sessions

\$68 TOH-\$63

Mon. only

7:15-8 PM 2041.101

Thurs. only

11-11:45 AM 2041.402

Sat. only

11:30 AM-12:15 PM 2041.603

Mini session 4, 45 min. sessions

\$34 TOH-\$31

Mon. mini

7:15-8 PM 2041.104

Thurs. mini

11-11:45 AM 2041.405

Sat. mini

11:30 AM-12:15 PM 2041.606

ADULT ADVANCED BEGINNER

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary back stroke, and breaststroke. Treading water, and introduction to breathing are included in this class.

8, 45 min. sessions

\$68 TOH-\$63

Wed. only

11:30 AM-12:15 PM 2042.301

Sat. only

12:15-1 PM 2042.602

Mini session 4, 45 min. sessions

\$34 TOH-\$31

Wed. mini

11:30 AM-12:15 PM 2042.303

Sat. mini

12:15-1 PM 2042.604

ADULT INTERMEDIATE

This class is for anyone who has completed Adult Advanced Beginners or anyone that is looking for a little stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving, and butterfly will be introduced.

8, 45 min. sessions

\$68 TOH-\$63

Tues. only

6:30-7:15 PM 2043.201

Wed. only

11-11:45 AM 2043.302

Sat.

1-1:45 PM 2043.603

Mini session 4, 45 min. sessions

\$34 TOH-\$31

Tues. mini

6:30-7:15 PM 2043.204

Wed. mini

11-11:45 AM 2043.305

Sat. mini

1-1:45 PM 2043.606

WATER WORKOUTS

All water workouts are priced as follows:

12 classes (Fri. or Sat. only)

\$70 TOH-\$63

24 classes (2 times per week)

\$140 TOH-\$127

36 classes (3 times per week)

\$210 TOH-\$197

Seniors: Please see Senior Citizen Discount information on the registration page.

EARLY BIRD AQUATIC EXERCISE

Start your day with this high intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles, arms and legs. PARTICIPANTS MUST BE COMFORTABLE IN DEEP WATER!

Mon./Wed./Fri.

6:30-7:30 AM** 2049.101

THERAPEUTIC WATER WORKOUT

This is a low intensity water exercise program designed for those with arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, and strengthening. Seniors: Please see Senior Citizen Discount information on the registration page.

Tues./Thurs.

10:30-11:30 AM* 2047.101

Fri. only

10:30-11:30 AM 2047.502

SENIOR WATER AEROBICS

This course is an exercise class for active adults. It promotes fitness, flexibility, and range of motion at an intermediate pace. No swimming experience is necessary to become involved. Seniors: Please see Senior Citizen Discount information on the registration page.

Mon./Wed.

9-10 AM* 2048.101

Fri. only

9-10 AM* 2048.502

WATER AEROBICS

This is the total water workout. It combines both toning exercises as well as aerobic conditioning. There is a deep water element, and while no swimming experience is

necessary, participants must be comfortable maneuvering in deep water. Babysitting is available during this class, please see page 10.

Tues./Thurs.

9:30-10:30 AM** 2044.201

WATER WALKING

Join the Wave of the Future by water walking! Water walking is a low impact aerobic workout that tones muscles in the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water since a portion of the workout is held in the 12 ft. area!

Mon./Wed. session

8-9 AM** 2043.101

Fri. only

8-9 AM** 2043.502

DEEP WATER 1

A high intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary but participants must be comfortable in deep water.

Mon./Wed.

6:30-7:30 PM** 2045.101

Tues./Thurs.

8-9 AM** 2045.202

8-9 PM** 2045.203

Sat. only

8-9 AM 2045.604

DEEP WATER 2

This is the ultimate cardio challenge. This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any device and should have previously taken Deep Water 1.

Mon./Wed.

7:30-8:30 PM** 2045.105

Tues./Thurs.

7-8 PM** 2045.206

WATER EXERCISE

Mon./Wed.Sept. 13-Dec. 1

Tues./Thurs.Sept. 14-Dec. 7

Mon./Wed./Fri.Sept. 13-Dec. 6

Fri. onlySept. 17-Dec. 10

Sat. onlySept. 11-Dec. 11

***Rubber-soled water shoes are strongly recommended.**

****No swimming skills are necessary, but participants must be comfortable in deep water. Flotation devices are used in deep water.**

WATER WORKOUT EXPRESS

Signing up for the Water Workout Express provides convenience and flexibility.

HERE'S HOW!

1. Choose & Register for a Home Class through any of our registration methods. This reserves you a permanent spot in the class of your choice. NOTE: As long as space is available, the Express Pass option allows you to take any of the water workout classes.
2. Select an Express Pass option below based on the schedule of your Home Class. You must be registered for a Home Class before an Express Pass can be purchased.

* Cards must be presented to instructor at each class. * Classes must meet a minimum enrollment to be offered.

* Pick up your Express Card at the pool desk.

EXPRESS CARD OPTIONS ARE:

If your home class meets twice a week, your Express Pass fees are:

2063.113 Super Express (24 classes plus 8) - \$70/TOH-\$63 • 2063.114 Hyper Express (Unlimited classes) - \$85/TOH-\$77

If your home class meets three times a week, your Express Pass fees are:

2063.116 Hyper Express (unlimited classes) - \$15/TOH-\$13

GIRLS ON THE RUN of NOVA

Girls on the Run is a life-changing, experiential learning program that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental, and physical development. We are now offering Girls on Track, which is a similar program for middle school age girls. Both groups will meet on the basketball courts at the Herndon Community Center and participate in the Turkey Trot 5k on November 20th. Cost includes: coach, challenging experience, Turkey Trot 5k registration, Turkey Trot t-shirt, race packet and awards banquet. All classes are held rain or shine.



Girls on the Run

Grades 3 - 6 20, 1 hr. sessions
\$165 TOH-\$150
Tues./Thurs. **Sept. 14-Nov. 18**
4:30-5:30 PM 2620.201

Girls on Track

Grades 6-8 20, 1 hr. sessions
\$165 TOH \$150
Mon./Wed. **Sept. 13-Nov. 16**
4:30-5:30 PM 2630.101

Men's & Women's Fitness Program Meets Outdoors at the Herndon Community Center



Monday-Friday 6-7 AM

Beginner/Intermediate & Advanced levels
Structured Nutrition Program Levels

Some Sessions may be held indoors in the event of inclement weather.



Guaranteed Results!

Call For Details

LOCATIONS:
Check our updated listing on
www.FIResults.com or call
703.243.8600

TURKEY TROT 5K

Sponsored by Footsteps of Reston

2567.101

Sat., Nov. 20th

The race starts at 4 PM.



Packet pick up and race day registration is from 2-3:45 PM.

Long-sleeve T-shirts guaranteed to the first 500 pre-registered runners. Must pick up packet and t-shirt the day of the race. No packets or t-shirts will be available after race day.

Prizes to 1st and 2nd place winners in the following age groups:

10 & under, 11-14, 15-19, 19-29 30-39, 40-49, 50-59, 60-69 and 70 & over.

A turkey and all the trimmings will be given to the overall male and female winners. Door prizes will be awarded after the race.

Registration forms will be available at the Herndon Community Center after Sept. 1.

On-line registration available at www.herndon-va.gov or www.active.com.

Pre-registration - \$10 and a can of food for donation

Race Day Registration - Adults \$12 and a can of food for donation

Youth ages 18 & under - \$10 and a can of food for donation

All food will be donated to LINK



27TH ANNUAL HERNDON CLOSED OUTDOOR TENNIS TOURNAMENT

Tournament is limited to Herndon mailing addresses only.

Sept. 7-13 **\$18 Singles** **\$25 Doubles (per team)**

Entry Deadline is Wed., Sept. 1.

Draw available after 5 PM Fri., Sept. 3

(please call the Herndon Community Center at 703-435-6868).

It is each player's responsibility to find out the times of their matches. Weekend matches can be scheduled anytime after 9 AM, and all weekday matches will be held in the evening with the earliest matches being held at 6 PM.

Divisions:

MEN'S 18 AND OVER

2761.111 Singles A (3.5 & Above)
2761.112 Doubles
2761.113 Singles B (Below 3.5)
2761.114 35 & Over Singles
2761.115 45 & Over Singles

MIXED DOUBLES

2761.304 Open Division

BOYS

2761.401 14 & Under Singles
2761.402 17 & Under Singles

WOMEN'S 18 AND OVER

2761.201 Singles A (3.5 & above)
2761.202 Doubles
2761.203 Singles B (Below 3.5)

GIRLS

2761.404 17 & Under Singles

For more information, please call 703-435-6868.

Exercise, Health & Fitness/Babysitting

Exercise, Health & Fitness Classes are designed for ages 16 & up. Please bring fitness mat!

NO CLASSES Nov. 2, 25-28

Get up and get moving. Regular exercise has been proven to help prevent illness, reduce the risk of injury, relieve stress and just make you feel better. Our fitness classes have been designed to include elements of strength and flexibility training with cardiovascular exercise to give you an excellent workout. Whether you are looking to try something new, or have been exercising for years, our fitness programs will be able to meet all of your needs. Babysitting is available, and please consult your doctor prior to starting any exercise program.

STRENGTH FITNESS CLASSES

TOTAL BODY CONDITIONING

This class is a total body strength class which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates-based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation! A total body strength workout to jump-start your metabolism!

26, 1 hr. sessions

\$104	TOH-\$94
Mon./Wed.	Sept. 13-Dec. 8
7:10-8:10 PM	2242.102
Mon./Wed.	Sept. 13-Dec. 8
9-10 AM	2241.101
Tues./Thurs.	Sept. 14-Dec. 14
7-8 PM	2242.103

BEGINNER STRENGTH & SCULPT

Tone your upper and lower body with this beginner strength training class for people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually increasing repetitions/weight. This is a non-aerobic class. Seniors: Please see the Senior Discount Information on the registration page.

26, 1 hr. sessions

\$104	TOH-\$94
Tues./Thurs.	Sept. 14-Dec. 14
9:30-10:30 AM	2245.100

FLOOR AEROBIC CLASSES

CARDIO BLAST

Have fun and burn calories with a unique blend of hi-low aerobics. This class combines 40 minutes of innovative hi-low aerobics with kick-boxing, sports drills and intensity interval components. Balance the cardio with muscle sculpting and strengthening using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

26, 1 hr. sessions

\$104	TOH-\$94
Tues./Thurs.	Sept. 14-Dec. 16
7:15-8:15 PM	2241.202

COMBINATION FLOOR & STEP AEROBICS

CARDIO PLUS

Step! Hi-Lo! Work your heart and burn the fat! Emphasis is on the cardio, but you will have the chance to work your muscles with weights and self-resistance - a perfect balance! This is a fun class, and you will love the results.

26, 1.25 hr. sessions

\$130	TOH-\$117
Tues./Thurs.	Sept. 14-Dec. 16
9:30-10:45 AM	2242.201

STEP AEROBIC CLASSES

STEP & SCULPT

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

26, 1 hr. sessions

\$104	TOH-\$94
Mon./Wed.	Sept. 13-Dec. 8
6-7 PM	2241.203
Tues./Thurs.	Sept. 14-Dec. 16
5:50-6:50 PM	2242.104

"EARLY BIRD" WORKOUTS

Designed so you can workout, shower, dress and still get to work on time. Sessions include locker room privileges.

STEP & SCULPT

Skill level: Intermediate

26, 1 hr. sessions

\$104	TOH-\$94
Tues./Thurs.	Sept. 14-Dec. 16
6-7 AM	2243.101



WEEKEND WARRIORS STEP AEROBIC CLASSES

STEP & SCULPT INTERMEDIATE

The same great class, but with a raised level of intensity.

12, 1 hr. sessions

\$48	TOH-\$44
Fri.	Sept. 17-Dec. 10
9-10 AM	2244.101

11, 1 hr. sessions

\$44	TOH-\$40
Sun.	Sept. 12-Dec. 12
(No class Oct. 10, Nov. 28, Dec. 5)	
12-1 PM	2244.102

CARDIO BLAST

11, 1 hr. sessions

\$44	TOH-\$40
Sat.	Sept. 11-Dec. 11
(No class Oct. 9, Nov. 27, Dec. 4)	
9-10 AM	2244.103

BABYSITTING

Available during morning classes for children 12 months and older. Babysitters will not change diapers. A minimum of 4 registrants must be met to offer this service. Drop-ins are admitted daily on a space available basis. The cost is \$4.00 per hour per child if used as drop-in. NOTE: In order to utilize the babysitting service, parent(s) and/or guardians must be registered for a recreation class at the community center or utilizing the community center facilities during the time of the babysitting program. Babysitting is not available when classes are cancelled.

Babysitting will not be offered Nov. 25 or 26

\$42	TOH-\$38
Mon.	Sept. 13-Dec. 6
9-10 AM	2216.101
Tues.	Sept. 14-Dec. 14
9:30-10:45 AM	2216.102
Tues.	Sept. 14-Dec. 14
10:30-11:30 AM	2216.106
Wed.	Sept. 15-Dec. 8
9-10:30 AM	2216.103
Thurs.	Sept. 16-Dec.16
9:30-10:45 AM	2216.104
Thurs.	Sept. 16-Dec.16
10:30-11:30 AM	2216.107
Fri.	Sept. 17-Dec. 10
9-10 AM	2216.105

Make sure to register early to guarantee your space in a fitness class. This is always a popular session, and we don't want you to miss out!

KUNDALINI YOGA

Suitable for beginners and all levels. Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and lightweight blanket.

Ages 16 & up 12, 1.5 hr. sessions
\$81 TOH-\$73
Mon. Sept. 13-Nov. 29
7:30-9 PM 2247.101
Thurs. Sept. 16-Dec. 9
7-8:30 PM 2247.103
No class Nov. 25

Ages 16 & up 12, 1 hr. sessions
\$54 TOH-\$49
Tues. Sept. 14-Nov. 30
11 AM-12 PM 2247.102

PILATES

A union of body and mind to create a more streamlined shape by using stretching and strengthening exercises to tone muscle, improve posture, and provide flexibility and balance. Some benefits include flatter abs, longer, leaner muscles, heightened body awareness, enhanced athletic performance, and injury prevention. Wear comfortable clothing and bring a Pilates mat, at least 3/16" thick, and lightweight blanket.

Ages 16 & up 12, 1 hr. sessions
\$54 TOH-\$49
Tues. Sept. 14-Nov. 30
6-7 PM 2247.106
Wed. Sept. 15-Dec. 1
6-7 PM 2247.105

INTERMEDIATE PILATES

Take Pilates to another level by joining the intermediate level class. Must have taken Pilates to advance to this class. Wear comfortable clothing and bring a Pilates mat, at least 3/16" thick, and lightweight blanket.

Ages 16 & up 12, 1 hr. sessions
\$54 TOH-\$49
Tues. Sept. 14-Nov. 30
5-6 PM 2247.108

HATHA YOGA

A combination of controlled body movements, rhythmic breathing and intense concentration for body and mind using several techniques, including iHatha." Increase your flexibility and strengthen your back and abdominal muscles, while relieving stress and tension. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and lightweight blanket.

Ages 16 and up 12, 1.5 hr. sessions
\$81 TOH-\$73
Sun. Sept. 12-Dec. 19
(No class Oct. 10, Nov. 28, Dec. 5)

Hatha Yoga (continued)

1:15-2:45 PM 2247.104
Ages 16 and up 12, 1 hour sessions
\$54 TOH-\$49
Wed. Sept. 15-Dec. 1
9:30-10:30 AM 2247.109
Wed. Sept. 15-Dec. 1
7-8 PM 2247.107

FELDENKRAIS — AWARENESS THROUGH MOVEMENT

Through a series of very gentle exercises you will learn how to improve your posture and breathing, increase your range of movement, discover how flexible you can be, alleviate stress related difficulties, and enhance your performance in your favorite sport. The classes focus on the process of the movement and will allow you to explore new patterns of movements, and to increase your awareness, flexibility, and coordination. Wear comfortable clothing and bring an exercise mat.

Ages 16 & up 12, 1 hr. session
\$54 TOH-\$49
Mon. Sept. 13-Nov. 29
9:15-10:15 AM 2247.110

FITNESS EXPRESS

Signing up for the Fitness Express provides convenience and flexibility.

HERE'S HOW!

1. Choose & Register for a Home Class through any of our registration methods. This reserves you a permanent spot in the class of your choice. NOTE: As long as space is available, the Express option allows you to take any of the fitness classes. Does not include Pilates, Yoga, or Shotokan Karate.

2. Select an Express Pass option below based on the schedule of your Home Class. You must be registered for a Home Class before an Express Pass can be purchased.

* Pass must be presented to instructor at each class. * Classes must meet a minimum enrollment to be offered.

* Pick up your Express Card at the gym desk. * A Fitness Express Data Card (below) must be completed at the time of registration.

EXPRESS CARD OPTIONS ARE:

1.) If your home class meets twice a week for 1 hour, your Express Pass fees are:

2245.901 Super Express (24 classes plus 13) - \$27 TOH \$24

2245.902 Hyper Express (Unlimited classes) - \$61 TOH \$55

2.) If your home class meets once a week for 1.25 hour, your Express Pass fees are:

2245.903 Super Express (24 classes plus 13) - \$27 TOH \$24

2245.904 Hyper Express (Unlimited classes) - \$55 TOH \$50

3.) If your home class meets once a week for 1 hour, your Express Pass fees are:

2245.905 Super Express (12 classes plus 13) - \$89 TOH \$80

2245.906 Hyper Express (Unlimited classes) - \$117 TOH \$106

FITNESS EXPRESS DATA CARD

(Must be completed by all Fitness Express participants at time of registration)

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: (H) _____ (W) _____

Please check your Fitness Express Program choice:

-Super Express _____

-Hyper Express _____

Home Class Code: _____

THIS MUST BE ATTACHED TO REGISTRATION FORM ON PAGE 31.



Sports/Martial Arts

FENCING

Try something new and exciting this fall. The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

Ages 9 & up **11, 2 hr. sessions**
 \$61 TOH-\$55
Sun. **Sept. 12-Dec. 12**
 6-8 PM 2764.101
 No class Oct. 10, Nov. 28, Dec. 5

INTRO TO TAE KWON DO

Tae Kwon Do is the world's most popular martial art and new Olympic sport. Its popularity is due to its many physical benefits (strength, aerobics, flexibility, agility) and even more important mental benefits (enhanced focus, confidence, discipline and respect). TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H.K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee. No experience necessary.

Ages 7-14 **13, 1 hr. sessions**
 \$52 TOH-\$47
Wed **Sept. 15-Dec. 8**
 6:15-7:15 PM 2227.101

HERNDON HOLIDAYS VOLLEYBALL TOURNAMENT

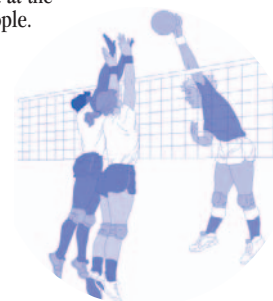
Take a break from the bustle of the Holiday season by playing in a fun but competitive volleyball tournament for ages 16 & up. The 6 on 6 co-ed competition will be held at the Herndon Community Center. Rosters may contain a maximum of 12 people. The tournament will be double elimination; however, each team is guaranteed a minimum of three games. Prizes will be awarded to the Herndon Holidays Volleyball Tournament champion. The tournament will follow USA indoor rules.

\$135 per team

**Informational meeting
will be held Nov. 30.**

Registration deadline is Dec. 3.

**The tournament will be held
Dec. 10, 11, & 12.**



SHOTOKAN KARATE

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable workout clothes. An optional test for rank will be given at the end of the session for an additional fee.

Ages 8 & up **12, 1 hr. sessions**
 \$48 TOH-\$44
Fri. **Sept. 17-Dec. 10**
 7:15-8:15 PM 2267.101
 No class Nov. 26

RACQUETBALL LEAGUE

\$77 TOH-\$70

Join our league and meet others who share your love of racquetball. You are provided a weekly schedule and then arrange a match with your opponent at your mutual convenience. Failure to play within the week or report scores is considered a forfeit.

Divisions:

2743.102 Intermediate
 2743.103 Advanced

10 game season

Awards to top two finishers in each division.

Court fees are included in registration fee. Players receive a punch card to be used during the season.

Informational meeting: Tues., Sept. 28-7 PM

Herndon Community Center

Registration deadline: Wed., Oct. 6

First week of play begins Sun., Oct. 10



FALL OPEN GYM SCHEDULE

Mon.	12-3 PM 3-5:15 PM 8:30-10:30 PM	Adult Basketball Youth Basketball Adult Basketball
Tues.	12-3 PM 3-5:15 PM 8:30-10:30 PM 1/2 Adult Volleyball	Adult Basketball Youth Basketball 1/2 Adult Basketball
Wed.	12-3 PM 3-5:15 PM 8:30-10:30 PM	Adult Basketball Youth Basketball Adult Volleyball
Thurs.	12-3 PM 3-5:15 PM 8:30-10:30 PM	Adult Basketball Youth Basketball 1/2 Volleyball 1/2 Basketball
Fri.	12-3 PM 3-5:15 PM 8:30-10:30 PM* 1/2 Adult Volleyball	Adult Basketball Youth Basketball 1/2 Adult Basketball
Sat.	12-5 PM 1:30-5 PM	1/2 Adult Basketball 1/2 Youth Basketball
Sun.	12-5 PM 12-3 PM 3-5 PM	1/2 Youth Basketball 1/2 Adult Basketball 1/2 Adult Volleyball

* Cancelled during Teen Dances

Youth - 17 & Under

Outdoor Tennis

Enjoy the fall weather

with the final classes of the outdoor season! Adult and youth tennis lessons are offered at the Bready Park Tennis Complex. Students must provide their own racket, two new cans of tennis balls and wear tennis shoes. Classes are organized under the National Tennis Rating Program (N.T.R.P.) Please refer to the NTRP rating categories listed before registering for a class.

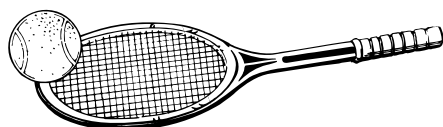
Mon/Wed. sessions run from Sept. 13-Oct. 6

Tues/Thurs sessions run from Sept. 14-Oct. 7

Sat. sessions run from Sept. 11-Oct. 30

All sessions are 8, 1 hour sessions unless noted otherwise.

\$48 TOH-\$44



NTRP RATINGS

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 - Beginner

Just starting to play tennis. Working primarily on getting the ball over the net. Instruction and practice is focused on proper stroke technique.

2.0-2.5 - Advanced Beginner

Has ability to hit balls that require no movement to get into position. Player is learning to judge the bounce of the ball and to move into position to hit the ball. Still attempting to use proper techniques during rallies. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 - Intermediate

Uses accepted technique for groundstrokes and serves. Has the ability to hit balls that require movement and positioning. Player is fairly consistent when hitting medium paced shots but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Player must be able to sustain a rally with groundstrokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 - Advanced

This player has dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots, and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.

YOUTH BEGINNER

Ages 6-8 8, 45 minute session

Mon./Wed.

5-5:45 PM 2721.101

Tues./Thurs.

6-6:45 PM 2721.110

Sat.

8-8:45 AM 2721.102

Ages 9-15

Mon./Wed.

6-7 PM 2721.103

Sat.

9-10 AM 2721.104

ADVANCED BEGINNER

Ages 9-15

Tues./Thurs.

7-8 PM 2721.109

Sat.

10-11 AM 2721.105

INTERMEDIATE

Ages 9-15

Mon./Wed.

7-8 PM 2721.106

Sat.

11 AM-12 PM 2721.107

INTERMEDIATE/ADVANCED SKILLS AND STRATEGY

Sat.

12-1 PM 2721.108

ADULTS, 16 & UP

BEGINNER-NTRP 1.0-1.5

Tues./Thurs.

8-9 PM 2761.101

Mon./Wed.

8-9 PM 2761.102

ADVANCED BEGINNER-NTRP 2.0-2.5

Mon./Wed.

6-7 PM 2761.103

Sat.

8-9 AM 2761.105

INTERMEDIATE-NTRP 3.0-3.5

Sat.

10-11 AM 2761.106

INTERMEDIATE/ADVANCED - NTRP 3.0 & UP

Mon./Wed.

7-8 PM 2761.107

Sat.

9-10 AM 2761.108

YOUNG AT HEART TENNIS

Stay feeling young, and keep your body in shape by taking part in our Senior Tennis Program. Beginners through seasoned players are welcome. Players are grouped according to skill.

Ages 50 & up 8, 1 hr. sessions

\$40 TOH-\$36

Mon./Wed. 9-10 AM

Sept 13-Oct. 6 2751.101

Oct. 11-Nov. 3 2751.102

Half Session

Ages 50 & up 4, 1 hr. sessions

\$20 TOH-\$18

Mon./Wed. 9-10 AM

Nov. 8-Nov. 17 2751.103

WOMEN'S DOUBLES PLAY AND STRATEGY

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team.

Ages 18 & up 8, 1 hr. sessions

\$40 TOH-\$36

Mon./Wed. 10-11 AM

Sept. 13-Oct. 6 2761.527

Oct. 11-Nov. 3 2761.528

Half Session

Ages 18 & up 4, 1 hr. sessions

\$20 TOH-\$18

Mon./Wed. 10-11 AM

Nov. 8-Nov. 17 2761.529

OUTDOOR PEE WEE TENNIS

Our innovative program provides the necessary essentials for even the youngest tennis players.

Ages 3-5 8, 30 min. sessions

\$32 TOH-\$29

Mon./Wed. Sept. 13-Oct. 6

9-9:30 AM 2711.101

Mon./Wed. Sept. 13-Oct. 6

9:45-10:15 AM 2711.103

Ages 5-6

Tues./Thurs. Sept. 14-Oct. 7

4:30-5 PM 2711.102

Tues./Thurs. Sept. 14-Oct. 7

5:15-5:45 PM 2711.104



Indoor Tennis

NO CLASSES: NOV. 22-27

BREADY PARK INDOOR TENNIS

Mon.-Fri.: 6 AM-10:30 PM

Sat. & Sun.: 8 AM-10 PM

Open Sept. 27, 2004

through April 24, 2005

COME IN AND TRY US OUT!

Special rates on Sat. Oct. 2 & 9

One rate for all customers

\$20 per court hour

Rates are effective 9 AM-6 PM

**All students must provide
their own racquet and wear
tennis shoes.**

Pee Wee

PEE WEE TENNIS CLASS FEES

6, 30 min. sessions \$24 TOH-\$21

12, 30 min. sessions \$47 TOH-\$43

SESSION I

BEGINNER: AGES 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section). Class ratio will not exceed 6 students to one instructor.

Ages 4-5 12, 30 min. sessions

Mon./Fri. Oct. 11-Nov. 19

9-9:30 AM 2711.111

Mon./Fri. Oct. 11-Nov. 19

9:30-10 AM 2711.112

6, 30 min. sessions

Thurs. Oct. 14-Nov. 18

4-4:30 PM 2711.113

ADVANCED BEGINNER: AGES 4-5

Must have taken a minimum of two (2) Pee Wee Beginner sessions and have approval of previous instructor to move to this level.

Ages 4-5

Session 1

6, 30 min. sessions

Thurs.

Oct 14-Nov. 18

4:30-5 PM

2711.211

Pee Wee

SESSION 2

BEGINNER: AGES 4-5

Beginning tennis fundamentals. Pee Wee should come with own racquet.

Class ratio will not exceed 6 students to 1 instructor.

Ages 4-5 12, 30 min. sessions

Mon./Fri. Nov. 29-Jan. 21

9-9:30 AM 2711.121

Mon./Fri. Nov. 29-Jan. 21

9:30-10 AM 2711.122

6, 30 min. sessions

Thurs. Dec. 2-Jan. 20

4-4:30 PM 2711.123

ADVANCED BEGINNER

6, 30 min. sessions

Thurs. Dec. 2-Jan. 20

4:30-5 PM 2721.221

Youth

YOUTH GROUP LESSON FEES

6, 1-hr classes \$63 \$57 TOH Resident

SESSION I

BEGINNER

Ages 6-8

Mon. Oct. 11-Nov. 15

4-5 PM 2721.111

Sat. Oct. 16-Nov. 20

9-10 AM 2721.112

Ages 9-15

Mon. Oct. 11- Nov. 15

1:30-2:30 PM 2721.211

Wed. Oct. 13- Nov. 17

4:30-5:30 PM 2721.212

Sat. Oct. 11-Nov. 20

10-11 AM 2721.213

ADVANCED BEGINNER

Must have approval of previous instructor or equivalent playing skills to be register at this level.

Ages 6-8

Wed. Oct. 13-Nov. 17

3:30-4:30 PM 2721.231

Thurs. Oct. 14-Nov. 18

5-6 PM 2721.232

Ages 9-15

Mon. Oct. 11-Nov.15

5-6 PM 2721.311

Tues. Oct. 12-Nov. 16

4:30-5:30 PM 2721.312

Fri. Oct. 15-Nov. 19

4:30-5:30 PM 2721.313

Sat. Oct. 16-Nov. 20

11AM-12 PM 2721.314

INTERMEDIATE

Must have approval of previous instructor or equivalent playing skills to register at this level.

Ages 9-15

Tues. Oct. 12-Nov. 16

5:30-6:30 PM 2721.412

Fri. Oct. 15-Nov. 19

5:30-6:30 PM 2721.413

Sat. Oct. 16-Nov. 20

12-1 PM 2721.414

ADVANCED

Must have approval of tennis instructor or tennis manager to register.

Ages 13 & up

Sat. Oct. 16-Nov. 20

1-2 PM 2731.511

COURT FEES

	CONTRACT TIME (28 weeks)	RANDOM TIME*
Prime Time (after 5 PM Mon.-Fri.; Sat. & Sun. all day):		
Adult TOH-Resident	\$22 per hr.	\$26
Adult Non-Resident	\$28 per hr.	\$32
Non-Prime Time (before 5 PM weekdays):		
Adult TOH-Resident	\$18 per hr.	\$20
Adult Non-Resident	\$24 per hr.	\$26
Youth/Senior TOH-Resident	\$16 per hr.	\$18
Youth/Senior Non-Resident	\$20 per hr.	\$22

*Reservations for random time may be made seven days in advance. ID required for Town of Herndon Resident rates.

Cancellation Policy:

A) Before 48 hours of scheduled time of play- NO CHARGE.

B) 48 to 24 hours from scheduled time of play-\$5 per reserved hour.

C) Within 24 hours from scheduled time of play-Full Court Fee.

All no shows will be financially responsible for full court fee.

Youth**SESSION 2****BEGINNER****Ages 6-8**

Mon.	Nov. 29-Jan. 17
4-5 PM	2721.121
Sat.	Dec. 4-Jan. 22
9-10 AM	2721.122

Ages 9-15

Mon.	Nov. 29-Jan. 17
1:30-2:30 PM	2721.221
Wed.	Dec. 1-Jan. 19
4:30-5:30 PM	2721.222
Sat.	Dec. 4-Jan. 22
10-11 AM	2721.223

ADVANCED BEGINNER

Must have approval of previous instructor or equivalent playing skills to register at this level.

Ages 6-8

Wed.	Dec. 1-Jan. 19
3:30-4:30 PM	2721.241
Thurs.	Dec. 2-Jan. 20
5-6 PM	2721.242

Ages 9-15

Mon.	Nov. 29-Jan. 17
5-6 PM	2721.321
Tues.	Nov. 30-Jan. 18
4:30-5:30 PM	2721.322
Fri.	Dec. 3-Jan. 21
4:30-5:30 PM	2721.323
Sat.	Dec. 4-Jan. 22
11 AM-12 PM	2721.324

INTERMEDIATE

Must have approval of previous instructor or equivalent playing skills to be register at this level.

Ages 9-15

Tues.	Nov. 30-Jan. 1821
5:30-6:30 PM	2721.422
Fri.	Dec. 3-Jan. 21
5:30-6:30 PM	2721.423
Sat.	Dec. 4-Jan. 22
12-1 PM	2721.424

ADVANCED

Must have approval of tennis instructor or tennis manager to register.

Ages 13 & up

Sat.	Dec. 4-Jan. 22
1-2 PM	2731.521

MEN'S DOUBLES TOURNAMENT

Nov. 26-28

Round Robin Format

Play begins Friday, Nov. 26

\$20 per player 2751.401

Entry deadline Nov. 22

Call 703-435-6800 x 2114

EARLY BIRD SPECIAL

UNLIMITED PLAY BASED ON AVAILABILITY

Seven month season :

Sept. 27, 2004 - April 22, 2005

No play Dec. 22-26

Weekdays only 6-9 AM

Scheduled play may be necessary depending on number of players

\$380 per player

Call Bob Hilferty: (703) 435-6800, ext. 2110

Adult**ADULT GROUP LESSONS FEES**

6, 1 hr. classes \$71 TOH-\$63

SESSION I**BEGINNER: NTRP 1.0-1.5**

Sat.	Oct. 16-Nov. 20
9-10 AM	2741.113

ADVANCED BEGINNER: NTRP 2.0-2.5

Must have approval of previous instructor or equivalent playing skills to be at this level.

Mon.	Oct. 11-Nov. 15
9-10 AM	2741.211
Sat.	Oct. 16-Nov. 20
10-11 AM	2741.212

INTERMEDIATE: NTRP 3.0-3.5

Must have approval of previous instructor or equivalent playing skills to be at this level.

Sat.	Oct. 16-Nov. 20
11 AM-12 PM	2741.313

ADVANCED: NTRP 4.0-4.5

Must have approval of previous instructor or equivalent playing skills to be at this level.

Sat.	Oct. 16-Nov. 20
12-1 PM	2741.411

USTA SANCTIONED TOURNAMENTS

Entry to this tournament is open to all USTA members

MEN'S OPEN SINGLES	BOYS' 16 SINGLES
Dec. 26-28, 2004	Dec. 29-Jan. 2, 2005
Entry Deadline Dec. 20	Entry Deadline Dec. 20
2741.901	2751.902
Entry fee: \$35 per player	Entry fee: \$30

Standard USTA ENTRY Form

Entry forms available at Community Center

Call Bob Hilferty 703-435-6800 (x2110 or 2114)

Adult**SESSION 2****BEGINNER: NTRP 1.0-2.0**

Sat.	Dec. 4-Jan. 22
9-10 AM	2741.123

ADVANCED BEGINNER: NTRP 2.0-2.5

Must have approval of previous instructor or equivalent playing skills to be at this level.

Mon.	Nov. 29-Jan. 17
9-10 AM	2741.221
Sat.	Dec. 4-Jan. 22
10-11 AM	2741.222

INTERMEDIATE: NTRP 3.0-3.5

Must have approval of previous instructor or equivalent playing skills to be at this level.

Sat.	Dec. 4-Jan. 22
11 AM-12 PM	2741.323

ADVANCED: NTRP 4.0-4.5

Must have approval of previous instructor or equivalent playing skills to be at this level.

Sat.	Dec. 4-Jan. 22
12-1 PM	2741.421

SPECIAL DOUBLES FOR ADULTS/SENIORS**SESSION I**

6, 1.5 hr sessions

Under 60-\$42 Seniors 60 & over-\$36

Mon.	Oct. 11-Nov. 15
12-1:30 PM	2751.111
Wed.	Oct. 13-Nov. 17
1 -2:30 PM	

SESSION 2

6, 1.5 hr. sessions

Under 60-\$42 Seniors 60 & over \$36

Mon.	Nov. 29-Jan. 17
12-1:30 PM	2751.221
Wed.	Dec. 1-Jan. 19
1-2:30 PM	2751.222

FLIGHTS/LEAGUE (BEGINS MONDAY, SEPT. 27, 2004)*Cost is per player*

	NTRP Rating		NR	TOH-Resident
2743.111 Men's Singles	3.5-4.0	Mon. 9-10:30 PM	\$685	\$590
2743.112 Men's Doubles	3.0-4.5	Tues. 8:30-10:30 PM	\$475	\$395
2743.114 Women's Doubles	3.5- 4.0	Wed. 8:30-10:30 PM	\$475	\$395
2743.115 Women's Doubles	2.5-3.5	Thurs. 11:30 AM-1 PM	\$305	\$245
2743.116 Mixed Doubles	3.5-4.0	Sun. 6-8 PM	\$395	\$395

Special Events

Folk Music Festival

Sunday, October 3, 2004

12 Noon — 6:00 PM

***Featuring John Gorka,
Guy Davis and more!***

**Fun for the whole family in Historic
Downtown Herndon. Great Folk
Entertainment, Heritage Crafters,
and Food Vendors.**

ADMISSION IS FREE



Look what's happening at the Industrial Strength Theater:

August 6-21: Elden Street Players present "Sweet Charity"

October 22-Nov. 13: Elden Street Players present "Thumbs"

December 3-5: The Town Square Singers Holiday Show (Details below)

**Call (703) 481- 5930 for Elden Street Players ticket orders or visit them on the web at www.eldenstreetplayers.org.
The Theatre is located at 269 Sunset Park Drive, Herndon.**

THE CHILDREN'S SERIES

(Recommended for ages 9 & under)

THE UGLY DRAGGLING

A tale based on a story by Hans Christian Andersen featuring five different characters that learn to accept each other and themselves for who they are on the inside. Event to be held at the Worldgate Movie Theaters (Phoenix Theaters Worldgate 9).

\$4 in advance, \$5 at the door

Mon.	Oct. 11
10:30 AM	2442.001

THE YANKEE DOODLE REVIEW

Show your patriotic spirit with an all-American musical revue celebrating the United States of America. Join in bringing American icons to life, including Uncle Sam and the Statue of Liberty. Some lucky audience members will even get to help Betsy Ross make the "first" American flag. Event to be held at the Worldgate Movie Theaters (Phoenix Theaters Worldgate 9).

\$4 in advance, \$5 at the door

Mon.	Nov. 1
10:30 AM	2442.002



TOWNE SQUARE SINGERS ***Holiday Show***

Come join us in celebrating the holiday festivities with songs and laughs on December 3rd and 4th at 7:30 PM and the 5th at 2:00 PM. Admission is \$9 for adults and \$7 for seniors and children. Please come join our Towne Square Singers in celebration at the Industrial Strength Theatre.

Fri.	Dec. 3
7:30 PM	2442.003
Sat.	Dec. 4
7:30 PM	2442.004
Sun.	Dec. 5
2 PM	2442.005



The Theatre is located at 269 Sunset Park Dr. Tickets available at the Herndon Community Center.

Nature

All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway). Meet at the kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs, and dress

appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them; no siblings please, unless they are signed up too. Please be on time as all programs start PROMPTLY!

Runnymede Park

is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember all pets must remain on the leash, and please, pick up after your pet!

You Can Schedule Activities In Runnymede Park for

- Scout Badge work & activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled through the Town Naturalist at 703-435-6800, ext. 2113 or the Town Community Forester at 703-435-6800, ext. 2014.

Help us to enhance our programming efforts!

Do you have old aquariums and tank equipment, nature books, field guides, binoculars, nature treasures, animal mounts, artifacts, geology specimens, or any other nature items that could be used for nature programs? If so, please call the Town Naturalist.

Do you have questions or concerns regarding wildlife?

The Town Naturalist is available to answer your questions. Just call 703-435-6800, ext. 2113.

Volunteers needed for the Runnymede Park Nature Tent during Farmers Market

Thursdays, 9 AM-12:30 PM, May-October. Gain interpretive skills! Lead nature programs! Educate the public! All training is provided and supervised, this is a great public/community service project. All ages are welcome!

NATURE FEST 2004

Runnymede-Past, Present, & Future!

September 19 1-5 PM

New exhibits! Wildlife Visitors!

Come to Runnymede Park and celebrate nature! Explore various nature stations throughout the park including Reptiles, Archeology, Sugarland Run Watershed, Forest Habitats, Bats! with the "BAT CAVE", Animal Artifacts, & much, much more! Investigate live animals, entertainment, crafts, food, and fun for the whole family! Satellite parking will be available. Shuttle van provided. This event is FREE! Call if you or your group would like to volunteer.



NATURE BIRTHDAY PARTIES

Celebrate your birthday outdoors at Runnymede Park. Kids can choose from several themes: Radical Reptiles, Creatures of the Night, Animal Tracks & Signs, and Bones, Feathers, & Furs. Each one hour program is designed to entertain as well as educate. Bring your own cake and parties favors and use the picnic tables in the park, or we can do an indoor party for an additional fee. Call 703-435-6800 x 2113 to reserve your birthday. \$100 for 12 kids.

SEPTEMBER

VIRGINIA NATIVE PLANT WALK

The Virginia Native Plant Society, along with volunteers from the Friends of Runnymede Park will guide us on a Native Plant hike throughout Runnymede Park, and it's outer boundaries. We will also enjoy refreshing Spice Bush Tea after our walk. Bring your camera and natural history journal!

Families all ages 1, 4 hr. session

\$2 per person

Sat. Sept. 4
10 AM-2 PM 2364.001

REPTILES ALIVE!

We'll see live (non-venomous) snakes and learn about where they live, what they eat, and how they behave. Have you ever held or touched a live snake? If you are willing, these amazing creatures will certainly allow you to! Meets at Herndon Community Center.

Families all ages 1, 1 hr. session

\$5 per person

Fri. Sept. 10
6-7 PM 2364.002

OCTOBER

BONES

Get ready for Halloween! Let's explore the hard, dense, calcified tissue that forms the skeleton of most vertebrates. The Naturalist has a huge collection of BONES! You will be amazed at what we can learn from just a small fragment of bone or a large SKULL! Meets at Herndon Community Center.

Families all ages 1, 1 hr. session

\$5 per person

Fri. Oct. 8
5:30-6:30 PM 2364.003

FLASHLIGHT HIKE

Hike through Runnymede Park with only a flashlight to guide your way. It might be a spooky adventure in the woods at Runnymede Park.

Families all ages

1, 1.5 hr. session

\$5 per person

Sat. Oct. 16
7-8:30 PM 2364.004



NOVEMBER

NATIVE AMERICAN CRAFT

DREAM CATCHER

Native Americans use legends and stories to promote powerful messages. Discover the meaning behind this powerful legend as we learn to weave a Native American Dream Catcher. Meets at Herndon Community Center. This activity is better suited for older children and adults. All supplies will be provided.

Families 1, 1 hr. session

\$8 per person

Fri. Nov. 5
5:30-6:30 PM 2364.005



AQUATIC ADVENTURE

We'll explore Sugarland Run for the homes of special creatures that live in the water: fish, turtles, clams, water plants and crawfish. Stream dwellers swim, crawl, and hide under rocks, let's find and identify them. Bring your wading shoes and we will look for signs of water striders, beavers and raccoons along the banks of the stream. Fish like the rain, so if it rains bring an umbrella. Water nets will be provided!

Families all ages 1, 1 hr. session

\$5 per person

Sat. Nov. 20
10:30-11:30 AM 2364.006

DECEMBER

HOLIDAY NATURE CRAFT

Decorate your home or holiday tree with nature's treasures. We will create a beautiful ornament for holiday display, all with gifts from Mother Nature. All supplies included, this program meets at the Herndon Community Center.

Families all ages 1, 1 hr. session

\$7 per person

Fri. Dec. 3
5:30-6:30 PM 2364.007



Adult Arts & Crafts

FIGURE DRAWING

Come and learn the many techniques of drawing. The fundamental techniques will be incorporated into basic compositions. Students will learn how to draw the human figure by studying gesture, volume, weight and line drawing. Includes all materials.

Ages 16 & Up **8, 2 hr. sessions**
\$72 TOH-\$65
Thurs. **Sept. 9 - Oct. 28**
7-9 PM 2141.002

Instructor: Jan Watkins

BEGINNING-INTERMEDIATE WHEEL THROWING

Join Guy Zollar for an education in pottery making. The class will cover hand-building and pottery wheel techniques. Cost includes instruction, a limited amount of clay, and use of tools, equipment and kiln firing. Demonstrations will be followed by student's opportunity to work with clay. Students will be provided with 25 lbs. of clay. Additional clay may be purchased for \$15 per bag.

Ages 16 & Up **9, 3 hr. sessions**
\$165 TOH-\$159
Mon. **Sept. 13-Nov. 9**
6:30-9:30 PM 2141.001

Instructor: Guy Zollar

WATERCOLORS

Gerry Gordan introduces adults to basic watercolor painting. Class will have instruction and time to work on projects. It is great for beginners and for those who have a little experience. Includes all materials.

Ages 16 & Up **8, 2 hr. sessions**
\$64 TOH-\$58
Tues. **Sept. 14-Nov. 2**
6-8 PM 2141.003

Instructor: Gerry Gordan

Stamping with Gail

EMBOSSING

In this class you will learn how to give your images a raised effect. The techniques we will use are heat embossing (with heat and powder) and dry embossing (with a stencil and stylus tool).

Ages 12 & Up **1, 1.5 hr. session**
\$20
Tues. **Sept. 21**
7:30-9 PM 2141.004

Instructor: Gail Seanor

BACKGROUND BASICS

Learn how to add depth and dimension to your cards by creating backgrounds. Find out how wax paper, brayers and other things can provide depth and dimension.

Ages 12 & Up **1, 2 hr. session**
\$20
Tues. **Oct. 12**
7:30-9:30 PM 2141.005
Instructor: Gail Seanor

New Decorating Classes with Amanda Jones

STENCILING WORKSHOP

Course teaches basic stenciling techniques including layering and shading, stenciling on walls, floors, fabric, ceramic and glass. Projects: hand-painted vase, stenciled tea tray and embossed stenciling. All supplies are provided.

Ages 16 & Up **1, 3 hr. session**
\$65
Wed. **Sept. 22**
6-9 PM 2647.004
Wed. **Nov. 24**
6-9 PM 2647.005

Instructor: Amanda Jones

THE NEW DECOUPAGE

The traditional art of applying cut outs to surfaces- Decoupage is taught. Learn new and creative ways to decoupage glass, wood and more. Students will create a decoupaged glass vase, ceramic tea tray and more. All materials are provided.

Ages 16 & Up **8, 3 hr. sessions**
\$60 TOH-\$55
Wed. **Oct. 20 & 27**
6-9 PM 2647.006

DECORATIVE PAINTING

DECORATIVE FAUX FINISHES I

Course teaches beginner faux painting techniques: Sponging, ragging, dragging, color wash, feathering and more. Students will learn to create a variety of effects using a brush and simple painting tools and how to prepare surfaces. Four to six sample boards will be created to take home. All supplies are provided. Please bring a bucket.

Ages 16 & Up **1, 3 hr. session**
\$65
Wed. **Sept. 15**
6-9 PM 2647.001

Instructor: Amanda Jones

DECORATIVE FAUX FINISHES 2

Building on basic skills learned in Faux 1, course teaches marbling, wood graining, sandstone and granite techniques. The use of solvents in decorative painting will also be taught. Students will take home 4-6 sample boards. All supplies are provided. Please bring a bucket.

Ages 16 & Up **1, 3 hr. session**
\$65
Wed. **Oct. 6**
6-9 PM 2647.002

Instructor: Amanda Jones

DECORATIVE FAUX FINISHES 3

Dramatic faux finish techniques are taught: Malachite, lapis, lazuli, tortoise shell and verdigris. Students will build on skills acquired in parts 2 and 3, and take home 4-6 finished sample boards. All supplies are provided. Please bring a bucket.

Ages 16 & Up **2, 3 hr. sessions**
\$95
Wed. **Nov. 17, 24**
6-9 PM 2647.003

Instructor: Amanda Jones

Scrapbooking with JACKIE

BABY'S FIRST YEAR

This class is aimed at helping busy mothers. Time is precious with children, so we will focus on fast and easy coordination of all the milestones in a Baby's First Year album. Complete the first year and prepare for the second, depending on the time left. Students need to bring in personal photos and memorabilia for the album.

Adult **4, 2 hr. sessions**
\$55 TOH-\$50
Tues. **Oct. 5-26**
10 AM-12 PM 2147.001

Instructor: Jackie Young

1
2
3

ABC ALBUMS

The focus of this class is to make an ABC album for children to learn their alphabet in association with items that are familiar. Photos and embellishments will be used to create a finished product for children to learn from and cherish. Students need to bring in personal photos. Instructor will provide initial supplies.

Adult **4, 2 hr. sessions**
\$55 TOH-\$50
Tues. **Oct. 5-26**
2-4 PM 2147.002

Instructor: Jackie Young

A
b
c

Preschool Arts & Crafts/Little Scientists

LITTLE SCIENTISTS

Little Scientists is a “hands-on” approach to teaching science to young children. Every Little Scientists class includes child safe hands-on experiments, a take home project and a course booklet. All Little Scientists classes are designed to increase a child’s curiosity and provide a platform for later learning. Each session has different topics, so feel free to register for both.

LITTLE SCIENTISTS 1

Topics include: The magic of color; why the sky is blue; kaleidoscopes.

Ages 4-6 **3, 45 min. sessions**

\$45

Tues.	Sept. 7-21
4:30-5:15 PM	2120.009
Fri.	Sept. 10-24
4:30-5:15 PM	2120.010

LITTLE SCIENTISTS 2

Topics include: Why leaves turn color; the science of crystals; gravity.

Ages 4-6 **3, 45 min. sessions**

\$45

Tues.	Oct. 5-19
4:30-5:15 PM	2120.011
Fri.	Oct. 8-22
4:30-5:15 PM	2120.012

LITTLE SCIENTISTS 3

Topics include: The science of solutions; different states of matter; chemistry.

Ages 4-6 **3, 45 min. sessions**

\$45

Tues.	Nov. 9-23
4:30-5:15 PM	2120.013
Fri.	Nov. 5-19
4:30-5:15 PM	2120.014



PRESCHOOL ARTS & CRAFTS

PRESCHOOL CRAFT CLUB

Create wonderful arts and crafts projects with your preschooler. Tony Debeneditis will lead parents and children through lots of exciting arts and crafts projects. Projects may include painting, coloring, cutting, and much more. Enjoy all the mess without the worries of your home getting dirty. Only one child per adult. **WEAR OLD CLOTHES.** Includes all materials.

Ages 3-5 **10, 1-hr. sessions**

with parent or guardian

\$58 TOH-\$45

Wed.	Sept.15-Nov. 17
3:30-4:30 PM	2110.001



CRAFTY KIDS

It's time to get crafty! This is a great introduction to different types of crafts.

Each week students will make a new craft project that they can take home.

Projects include photo frames, homemade

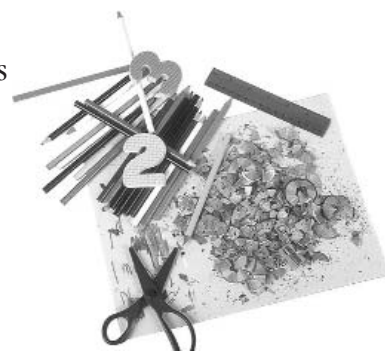
bookmarks and much more. **WEAR OLD CLOTHES.**

Includes supplies.

Ages 6-10 **8, 1 hr. sessions**

\$60 TOH-\$54

Wed.	Sept. 15- Nov. 3
4:30-5:30 PM	2120.002



Adult Dance

BELLY I

Belly dance is popular and fun as a low-impact and cardiovascular workout! It particularly works on the torso, promotes abdominal strength, all over flexibility, proper alignment and great body posture. This beginning class will also focus on flexibility and rhythms of the Middle East and North Africa. Wear comfortable clothing such as leotard, tights, leggings or drawstring pants, bare feet or dance shoes, a scarf or belt long enough to tie around the hips comfortably, and bring a piece of light weight fabric measuring 3 yards by 45 inches wide.

Adult 12, 50 min. sessions
\$60 TOH-\$54
Mon. Sept. 13-Nov. 29
6-6:50 PM 2441.003
Instructor: Bambi Nieto

BELLY II

At least 20 weeks of experience needed.

Adult 12, 50 min. sessions
\$60 TOH-\$54
Mon. Sept. 13-Nov. 29
7-7:50 PM 2441.004
Instructor: Bambi Nieto

INTERMEDIATE

One year experience or approval of instructor is necessary.

Adult 12, 50 min. sessions
\$60 TOH-\$54
Tues. Sept. 14-Nov. 30
9-9:50 PM 2441.005
Instructor: Bambi Nieto

BELLY AEROBICS

A 45-minute low to no impact workout of feminine dance moves plus warm up and cool down. There will be some routines learned and some time spent following the instructor in order to keep the heart rate up. Shower facilities are available for class participants to use so that they may return to work feeling refreshed, invigorated, and ready to focus on the day. Dress comfortably; bare feet or dance slippers are appropriate. Sneakers can be worn but are not needed. Bring a scarf to tie around your hips and a three-yard by 45-inch wide piece of lightweight fabric for veil work.

EARLY BIRD

No experience necessary.

Adult 24, 45 min. sessions
\$90 TOH-\$81
Wed./Fri. Sept. 17-Dec. 10
6-6:45 AM 2441.006
Instructor: Bambi Nieto

LUNCH TIME

No experience needed.

Adult 24, 45 min. sessions
\$90 TOH-\$81
Wed./Fri. Sept. 17-Dec. 10
12:45-1:30 PM 2441.007
Instructor: Bambi Nieto

ADULT BALLET

Need an exercise class before work or even at lunch time? Always wanted to take ballet but feel the moment passed you by? Come to Ballet for Beginners! Experience gentle workouts to beautiful music that will leave you feeling refreshed and ready to start your day. We will start with a warm-up on the floor, barre work, middle of floor combinations and across the floor combinations. This is for beginners and people who have not moved for a while. If you don't know what all this means it's a good opportunity to come and find out! Men and women of all sizes and ages are welcome and encouraged. Required class attire: some kind of leg covering - tights, leggings or sweats will do - a leotard or close fitting t-shirt, ballet slippers or soft shoes and hair confined.

No previous experience needed for this class.

Instructor: Bambi Nieto

EARLY BIRD

Adult 24, 45 min. sessions
\$90 TOH-\$81
Tues./Thurs. Sept. 14-Dec. 9
6-6:45 AM 2441.008

LUNCH TIME

Adult 24, 45 min. sessions
\$90 TOH-\$81
Wed./Fri. Sept. 17-Dec. 10
12-12:45 PM 2441.009

TAP/JAZZ DANCE

INTERMEDIATE

Adult 12, 50 min. sessions
\$60 TOH-\$54
Fri. Sept. 17-Dec. 10
6-6:50 PM 2441.032
Instructor: Rocio Silva

SALSA DANCE

Latin dance is hot! Add rhythm and flare to your moves. Learn step-by-step the basics of salsa. Singles and couples are welcome.

BEGINNER

No experience required.

Adult 12, 50 min. sessions
\$60 TOH-\$54
Sun. Sept. 12-Dec. 5
3-3:50 PM 2441.035
Instructor: Rocio Silva

INTERMEDIATE

At least one session experience required.

Adult 12, 50 min. sessions
\$60 TOH-\$54
Wed. Sept. 15-Dec. 1
7:30-8:20 PM 2441.036
Instructor: Rocio Silva

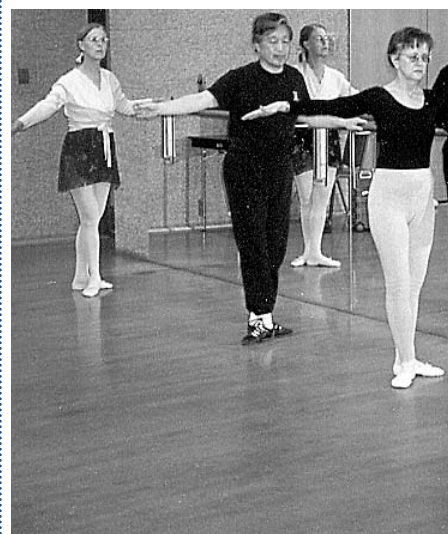
BALLET/JAZZ DANCE

Adult 12, 50 min. sessions
\$60 \$54
Sun. Sept. 12-Dec. 5
5-5:50 PM 2441.038
Instructor: Rocio Silva

LATIN DANCE

The irresistible beat of the Latin dances arrived from Cuba in the 1950's, and it has caught on again today. Once you learn the sultry Cuban motion, you can let loose and express yourself with exciting moves. You will learn the rumba, cha-cha, mambo, meringue, lambada, tango, samba, and Macarena.

Adult 12, 50 min. sessions
\$60 \$54
Sun. Sept. 12-Dec. 5
4-4:50 PM 2441.039
Instructor: Rocio Silva



**NO CLASSES
Nov. 25-28**

Youth Dance

PRE-BALLET

This class combines the basics of ballet along with teaching rhythm and coordination. The students will grow to love the fine art of ballet as they learn to follow instructions and have fun. A parent observation day will be held during the last class.

BEGINNER

No experience necessary.

Instructor: Rocio Silva

Ages 3-5 12, 45 min. sessions
\$60 TOH-\$54
Mon. Sept. 13-Nov. 29
11:45 AM-12:30 PM 2441.011
Tues. Sept. 14-Nov. 30
11:45 AM-12:30 PM 2441.012
Thurs. Sept. 16-Dec. 9
11:45 AM-12:30 PM 2441.013
Sat. Sept. 11-Dec. 4
9:15-10 AM 2441.014
Instructor: Nancy Sage

INTERMEDIATE

At least one session experience necessary.

Ages 4-6 12, 45 min. sessions
\$60 TOH-\$54
Mon. Sept. 13-Nov. 29
12:30-1:15 PM 2441.015
Instructor: Rocio Silva
Tues. Sept. 14-Nov. 30
12:30-1:15 PM 2441.016
Instructor: Rocio Silva
Sat. Sept. 11-Dec. 4
10:00-10:45 AM 2441.017
Instructor: Nancy Sage

ADVANCED

At least 6 months experience needed.

Ages 4-6 12, 45 min. sessions
\$60 TOH-\$54
Mon. Sept. 13-Nov. 29
1:15-2 PM 2441.018
Instructor: Rocio Silva
Tues. Sept. 14-Nov. 30
1:15-2 PM 2441.019
Instructor: Rocio Silva

COMBINATION DANCE

The perfect introduction to dance providing instructions in the basics of ballet, tap and tumbling while learning self-confidence and a love of the performing arts. Ballet slippers and tap shoes are required.

BEGINNER

No experience needed.

Ages 4-6 12, 50 min. sessions
\$60 TOH-\$54
Mon. Sept. 13-Nov. 29
2-2:50 PM 2441.020
Instructor: Rocio Silva
Thurs. Sept. 16-Dec. 9
12:30-1:20 PM 2441.021
Instructor: Rocio Silva
Sat. Sept. 11-Dec. 4
10:45-11:50 AM 2441.022
Instructor: Nancy Sage

INTERMEDIATE

Ages 4-7 12, 50 min. sessions
\$60 TOH-\$54
Tues. Sept. 14-Nov. 30
2:30-3:20 PM 2441.023

ADVANCED

Ages 6-10 12, 50 min. sessions
\$60 TOH-\$54
Wed. Sept. 15-Dec. 1
5-5:50 PM 2441.024
Instructor: Rocio Silva

Ages 5-7

\$60 TOH-\$54
Sat. Sept. 11-Dec. 4
11:45 AM-12:35 PM 2441.025
Instructor: Nancy Sage

INTERMEDIATE/ADVANCED

Ages 4-6 12, 50 min. sessions
\$60 TOH-\$54
Thurs. Sept. 16-Dec. 9
1:30-2:20 PM 2441.026
Instructor: Rocio Silva

ADVANCED COMBINATION DANCE IV

Registration only by teacher recommendation.

Ages 6-9 12, 1.5 hr. sessions
\$90 TOH-\$81
Mon. Sept. 13-Nov. 29
3-4:30 PM 2441.027
Instructor: Rocio Silva



HIP-HOP JAZZ DANCE

Hip-Hop is noted for its lively, sometimes very bouncy style and is highly energetic and expressively performed. The Hip-Hop class will emphasize creativity, building confidence, personal expression and energy, while incorporating basic jazz steps with the most modern styles from MTV performers. No experience needed.

BEGINNER

Ages 8-12 12, 50 min. sessions
\$60 TOH-\$54
Mon. Sept. 13-Nov. 29
4:30-5:20 PM 2441.028
Instructor: Rocio Silva

INTERMEDIATE

Ages 9-13 12, 50 min. sessions
\$60 TOH-\$54
Fri. Sept. 16-Dec. 9
5-5:50 PM 2441.029
Instructor: Rocio Silva

BALLET

Teaches basic technique positions and movements of ballet. Barre work is featured.

BEGINNER/INTERMEDIATE

Ages 6-10 12, 50 min. sessions
\$60 TOH-\$54
Tues. Sept. 14-Nov. 30
3:30-4:20 PM 2441.030
Instructor: Rocio Silva

TAP/JAZZ DANCE

Students learn the basic rhythms of tap and the special stylized movements of jazz dance.

BEGINNING/INTERMEDIATE

No experience needed.

Ages 6-10 12, 50 min. sessions
\$60 TOH-\$54
Tues. Sept. 14-Nov. 30
4:30-5:20 PM 2441.031
Instructor: Rocio Silva

ADVANCED

12 months experience necessary.

Ages 7-12 12, 50 min. sessions
\$60 TOH-\$54
Sat. Sept. 11-Dec. 4
12:45-1:35 PM 2441.033
Instructor: Nancy Sage

ACRO DANCE

Learn the techniques of jazz and tumbling choreographed together to upbeat music. This is a fun, unique dance form in a relatively new dance craze. Requirements: Able to execute cartwheels and basic front rolls. Class attire: Dance or gymnastics clothing and bare feet.

INTERMEDIATE

12 weeks experience required.

Ages 7-12 12, 50 min. sessions
\$60 TOH-\$54
Wed. Sept. 15-Dec. 1
4-4:50 PM 2441.034
Instructor: Rocio Silva

BALLET/JAZZ DANCE

A new class for children to experience the joy of dance through an introduction of basic ballet technique and the fun of jazz dancing to upbeat music.

BEGINNER/INTERMEDIATE

At least one session experience required.

Ages 6-10 12, 50 min. sessions
\$60 TOH-\$54
Fri. Sept. 17-Dec. 10
4-4:50 PM 2441.037
Instructor: Rocio Silva

NO CLASSES Nov. 25-28

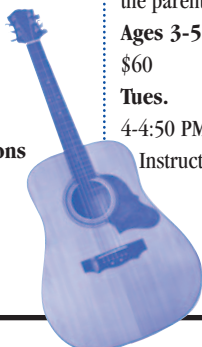
Music/Theater

ACOUSTIC GUITAR

This class will focus on basic guitar techniques. Students will learn how to read basic music, play multiple chords, and musical scales. Students must provide their own instrument - classical or acoustic guitars only. Books and CD's are provided at the student's level. Returning students will receive and work in appropriate level books. Please bring pencils for marking. Prerequisite: All students must be able to read.

Ages 6-12 **12, 50 min. sessions**
 \$60 TOH-\$54
Mon. **Sept. 13-Nov. 29**
 5-5:50 PM 2441.001

Adults **12, 50 min. sessions**
 \$60 TOH-\$54
Mon. **Sept. 13-Nov. 29**
 8-8:50 PM 2441.002
 Instructor: Bambi Nieto



New Class!

BROADWAY BABIES

Features appropriate songs, movement, rhythm and games for children. There will be a performance for the parents on the last day.

Ages 3-5 **12, 50 min. sessions**
 \$60 TOH-\$54
Tues. **Sept. 14-Nov. 30**
 4-4:50 PM 2441.010

Instructor: Bambi Nieto

KILTS & CASTLES

Do tales of Kings, Queens and Merlin's magic thrill you? Lords and Ladies join us at our Round table in a multi-arts class built around Celtic traditions and medieval times. Build props; design your own castle; perform a dance or act as a court jester; write in old English; learn to tie Celtic knots and make your own costume piece. This new class will combine a little of all of the arts into one fun and interesting experience, so come join us in the days of Knights and Damsels.

New Class!

Ages 8-13 **12, 50 min. sessions**
 \$60 TOH-\$54
Wed. **Sept. 15-Dec. 1**
 4-4:50 PM 2441.040

Instructor: Bambi Nieto

CHESS CLASS

Chess is growing in popularity and everyone should know how to play. The game helps develop critical thinking skills, concentration, and basic strategy. Chess set will be provided.

BEGINNER CLASS

Students will learn the following: the rules of chess, conditions for castling, rules of pawn promotion, rules of pin, en passant capture, when castling is legal, difference between check mate and stale mate, basic strategy and tactics.

Ages 5-12 **9, 1.25 hr. sessions**
 \$60 TOH-\$55
Sat. **Sept. 11-Nov. 13 (No class Oct. 9)**
 11 AM-12:15 PM 2620.601

INTERMEDIATE/ADVANCED

Students MUST know all of those items taught in Beginner class. Students will learn the following: strategies of attack, defense, playing in the center, protecting the king, tactics, techniques for advanced tournament play, end games, chess notation (students need to bring notebook), and speed chess.



Small class size for more one-on-one instruction.

Ages 5-12 **9, 1.25 hr. sessions**
 \$60 TOH-\$55
Sat. **Sept. 11-Nov. 13**
 12:30-1:45 PM 2620.602



KID'S NIGHT OUT

Need a date night? Enjoy a romantic evening with your spouse while your children enjoy a night of fun!

Big Screen TV with PG/G movies

Gym Games, Board Games

Books and much more!

Let us provide you with a safe environment for your child and a peaceful night for you! Children will be supervised at all times. Limited space available.

Ages 5-12
 \$6/child
Fri. **Nov. 19**
 6-10 PM 2620.501

Gymnastics

GYMNASTICS FOR GIRLS

Our program includes instruction in floor exercise, balance beam, uneven parallel bars and vaulting. Children are grouped by age and ability. Students advance based on skill and form. Levels should be repeated to acquire the skills needed to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. Separate classes have been designed for boys and girls due to the different areas of specialization.

No classes Oct. 9, Nov. 2, Nov. 8-13, 25-28 & Dec. 4

BEGINNER

Ages 5-8 10, 1 hr. sessions
\$60 TOH-\$54
Sat. Sept. 11-Dec. 11
11 AM-12 PM 2722.100
Sat. Sept. 11-Dec. 11
12-1 PM 2722.101

Ages 5-8 12, 1 hr. sessions
\$72 TOH-\$66
Mon. Sept. 13-Dec. 6
3-4 PM 2722.103
Mon. Sept. 13-Dec. 6
4-5 PM 2722.104
Wed. Sept. 15-Dec. 8
6-7 PM 2722.105
Fri. Sept. 17-Dec. 17
4:30-5:30 PM 2722.106

Ages 8-11 10, 1 hr. sessions
\$60 TOH-\$54
Sat. Sept. 11-Dec. 11
11 AM-12 PM 2722.107

ADVANCED BEGINNER

Ages 5-8 10, 1 hr. sessions
\$60 TOH-\$54
Sat. Sept. 11-Dec. 11
12-1:30 PM 2723.102

Ages 5-8 12, 1.5 hr. sessions
\$108 TOH-\$98
Mon. Sept. 13-Dec. 6
4-5:30 PM 2722.109
Wed. Sept. 15-Dec. 8
4:30-6 PM 2722.110
Fri. Sept. 17-Dec. 17
5:30-7 PM 2722.111

Ages 8-11 12, 1.5 hr. sessions
\$108 TOH-\$98
Mon. Sept. 13-Dec. 6
4-5:30 PM 2722.112
Wed. Sept. 15-Dec. 8
4:30-6 PM 2722.113
Fri. Sept. 17-Dec. 17
5:30-7 PM 2722.114

ADVANCED BEGINNER II

Ages 6-11 12, 1.5 hr. sessions
\$108 TOH-\$98
Mon. Sept. 13-Dec. 6
5:30-7 PM 2722.115

INTERMEDIATE

Ages 6 & up 12, 1.5 hr. sessions
\$108 TOH-\$98
Mon. Sept. 13-Dec. 6
5:30-7 PM 2722.116

INTERMEDIATE/ADVANCED

Ages 6 & up 12, 1.5 hr. sessions
\$108 TOH-\$98
Fri. Sept. 17-Dec. 17
5:30-7 PM 2722.117

ADVANCED

Ages 6 & up 12, 1.5 hr. sessions
\$108 TOH-\$98
Mon. Sept. 13-Dec. 6
5:30-7 PM 2722.118

GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

BEGINNER

Ages 5-8 12, 1 hr. sessions
\$72 TOH-\$66
Mon. Sept. 13-Dec. 6
3-4 PM 2722.301
Wed. Sept. 15-Dec. 8
6-7 PM 2722.302
Fri. Sept. 17-Dec. 17
4:30-5:30 PM 2722.303

GYMNASTICS FOR YOUNG BEGINNERS (BOYS AND GIRLS)

Ages 4-6 12, 45 min. sessions
\$72 TOH-\$66
Thurs. Sept. 16-Dec. 16
9:15-10 AM 2722.305

JOIN THE MUNCHKATEERS

A coed movement program combining fitness, elementary gymnastics, rhythm and games. Develop your child's motor coordination, strength, and flexibility. All classes are structured and children should be ready for group instruction.

PARENT-CHILD MUNCHKATEERS

Ages 2-3 12, 45 min. sessions
\$72 TOH-\$66
Fri. Sept. 17-Dec. 17
10:30-11:15 AM 2712.200
Fri. Sept. 17-Dec. 17
11:30 AM-12:15 PM 2712.201
Tues. Sept. 14-Dec. 14
9:15-10 AM 2712.202

Ages 5-8 10, 45 min. sessions
\$60 TOH-\$54
Sat. Sept. 11-Dec. 11
10-10:45 AM 2712.101

MUNCHKATEERS I

Ages 3-4 12, 45 min. sessions
\$72 TOH-\$66
Mon. Sept. 13-Dec. 6
10:30-11:15 AM 2712.203
Tues. Sept. 14-Dec. 14
11:15 AM-12 PM 2712.204
Thurs. Sept. 16-Dec. 16
11:15 AM-12 PM 2712.205
Friday Sept. 17-Dec. 17
9:30-10:15 AM 2712.206

Ages 5-8 10, 45 min. sessions
\$60 TOH-\$54
Sat. Sept. 11-Dec. 11
9-9:45 AM 2712.207

MUNCHKATEERS II

Ages 4-5 12, 45 min. sessions
\$72 TOH-\$66
Mon. Sept. 13-Dec. 6
9:30-10:15 AM 2713.200
Tues. Sept. 14-Dec. 14
10:15-11 AM 2713.201
Thurs. Sept. 16-Dec. 16
10:15-11 AM 2713.202
Fri. Sept. 17-Dec. 17
12:30-1:15 PM 2713.203

GYMNASTICS GUIDELINES

Beginning: No experience necessary

Advanced Beginner: Cartwheels/Not afraid to go upside down on bars/Walk on high beams

Advanced Beginner II: Pullover/Round-off/Squat over

Intermediate: Handstand/Kick-over/Squat on/Pullover/Bridge kick-over/Cartwheel on low beam

Advanced: Back walkover/Cartwheel (high beam)/Pullover

Teen Zone

SIX FLAGS FRIGHT FEST!

TEENS! Come celebrate Halloween at Six Flags as they transform the park into the biggest Fright Fest you have ever seen! As the day gets dark the park lights up! Trip includes transportation by motor coach, group leaders, dinner at a park restaurant, and park tickets. Chaperones are welcome (must pay fee).

Ages 12-15

\$37

\$45 (includes meal)

Sat. Oct. 30

2-11 PM 2830.601



TEEN DANCES

7th and 8th graders only!

Tickets are on sale at the Herndon Community Center beginning on Thursdays the week of the dance. Students must present student ID or be accompanied by a parent to purchase tickets. Only 600 tickets per dance will be sold. Tickets will not be sold at the door if the dance is sold out.

Back to School Video Dance — September 17

Halloween Haunt — October 8

Winter Escape — November 12

\$3 in advance, \$4 at the door



KIDSIT BABYSITTING CERTIFICATION COURSE

Geared toward young students who want to become good babysitters. Course topics include: babysitter's rights and responsibilities, child development, baby care, toys and games, first aid, how to handle emergencies and CPR. Each babysitter will receive a babysitting kit including a Kidsit manual, CPR book, Kidsit certificate and CPR completion card. Please bring a lunch.

Ages 11-15 1, 6 hr. session

\$44

Sat. Sept. 17

10 AM-4 PM 2622.001

Sat. Oct. 8

10 AM-4 PM 2622.002

Sat. Oct. 22

10 AM-4 PM 2622.003

Sat. Nov. 5

10 AM-4 PM 2622.004



CPR/Cooking/Seniors

ADULT CPR FOR FAMILY AND FRIENDS

This course targets all lay rescuers, particularly parents of children and family members of patients at risk of sudden cardiac death. The course presents information on signs of heart attack, cardiac arrest, stroke and choking in adults. The Infant and Child course presents information on signs of choking in infants and children, how to reduce risk of sudden infant death syndrome (SIDS), and prevention of the most common fatal injuries in infants and children.

1, 3 hr. session

\$45

Thurs.	Sept. 9
6:30-9:30 PM	2641.002
Thurs.	Oct. 13
6:30-9:30 PM	2641.003
Thurs.	Nov. 4
6:30-9:30 PM	2641.004

INFANTS AND CHILDREN CPR FOR FAMILY AND FRIENDS

1, 3 hr. session

\$45

Thurs.	Sept. 16
6:30-9:30 PM	2641.005
Thurs.	Oct. 21
6:30-9:30 PM	2641.006
Thurs.	Nov. 11
6:30-9:30 PM	2641.007



CHINESE COOKING

Come join Noel to make Chinese food of your choice in a fun and hands-on learning experience. You will observe and practice contemporary methods, and learn how to modify the ingredients to suit your personal preference while preserving the authenticity of Chinese food. Noel will share folk tales of Chinese cuisine. She will kick-off the lessons by first introducing her popular pan-fried dumplings. You may want to eat dozens of them! In the last hour of each class, you will enjoy a relaxed family-style dinner - a great opportunity to make friends and chat about common interests. Noel is a Hong Kong native who acquired Chinese cooking techniques passed down from her family and from formal training.

Ages 16 & Up	8, 2.5 hr. sessions
\$95	TOH-\$90
Mon.	Sept. 13-Nov. 1
6:30-9 PM	2645.001

Instructor: Noel McGuinn

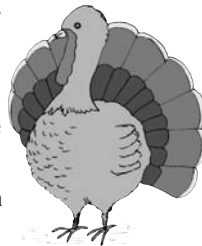
CRUIZ'N SENIORS

SENIORS THANKSGIVING LUNCH

Join in the first of many Thanksgiving lunches hosted by the Town of Herndon Parks & Recreation Department.

Enjoy turkey, entertainment, raffle, goodie bag and more! Please bring a canned good to donate to those less fortunate.

Volunteers welcome. Registration required in advance.



Ages 55 & Up	
\$5/person + 1 canned good	
Tues.	Nov. 23
11AM - 2PM	2551.201

SENIOR CINEMA

You're invited to the Herndon Community Center for an afternoon of refreshments and a movie - ALL FREE! Every 1st and 3rd Thursday at 2PM, Senior Cinema is a great place to see friends and make new ones! Enjoy a feature film, new releases or classics, twice a month. All movies are rated PG or PG-13. To find out what's playing or to be placed on our mailing list, please call 703-435-6868.

Please note: On Sept. 2 & 9 there will be no Senior Cinema.

Sept. 16	Miracle, starring Kurt Russell
Oct. 7	Along Came Polly, starring Jennifer Aniston
Oct. 21	Secret Window, starring Johnny Depp
Nov. 4	Welcome to Mooseport, starring Gene Hackman
Nov. 18	Paycheck, starring Ben Affleck
Dec. 2	Dr. Seuss's How the Grinch Stole Christmas, starring Jim Carrey
Dec. 16	A Christmas Story



COZY INN, GATEWAY FARMERS MARKET & CANDY LAND

Take a trip to Thurmont, Maryland to enjoy a wonderful buffet at the Cozy Restaurant. After lunch, stroll through the shops in town; Mountain Memories, Cozy Country Inn, Wick'N Wood, and much more! We'll then drive to the Gateway Farmers Market & Candy Land to browse the fresh produce as well as pick our favorite flavors of candy!

Trip includes transportation, driver/escort, All-You-Can-Eat Buffet, tax, and gratuity. NO REFUNDS AFTER OCT. 7.

Ages 55 & Up

\$18/person

Thurs.	Oct. 14
9:45 AM - 4:30 PM	2580.401

TRIP

Registration Information

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our 6 convenient registration methods will begin for TOH-residents at 11 AM on August 16. Open registration for non-TOH-residents will begin at 11 AM on August 20.

WHAT DOES TOH MEAN?

The Town of Herndon Parks & Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.

Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.

Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

Two easy indicators are that if your car personal property tax sticker or your water bill is from the Town of Herndon. If you have questions, please call us at 703-787-7300 and we can assist you.

CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! As a TOH operation, we are here to serve TOH residents first, but not exclusively. Non-TOH residents are welcome. Registration for non-TOH residents will begin at 11 AM on August 20th.

SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

LATE REGISTRATIONS

Late registrations are accepted if space is available with no fee reduction.

FORMS & FEES

Use a separate form for each class and each participant, and a separate check, cash, or credit card number with expiration date must accompany each form. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check or one form will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded.

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

REFUNDS

You will automatically be given a full refund if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Refunds are calculated based on the remaining classes at the time that the request is made. Exception: trips have specific refund request deadlines; the 20% fee still applies. Letters of credit are also available and are subject to a service charge. Letters of credit are available for use through online or touchtone registration. After the mid-point of the program, refunds or letters of credit will not be given for any reason.

PARTICIPATION OPEN TO ALL

The HCC programs and facilities are open to all citizens regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-435-6868 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE

In accordance with the Code of Virginia, a fee in the amount of twenty-five dollars (\$25) will be collected for every check returned to the Town of Herndon.

FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for Recreation programs (not including trips, daily admissions or passes to the Community Center) for those who meet federal financial qualifications for assistance. Additionally, in cooperation with Northern Virginia Family Services, the Town provides scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Call Scott Garretson at 703-435-6868, for information or visit the Community Center for assistance.

6 EASY REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options – 11 AM on Aug. 16 for TOH-residents and 11 AM on Aug. 20 for non-TOH residents.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available through our website at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online at any time 24 hours a day. Registration for classes with this icon is not available online. Signature on our liability waiver will be required prior to participation.



2. TOUCHTONE registration is available 24 hours a day. With customer identification number and password, you can call our automated registration line at (703) 707-2662 and register over the phone. Call the community center at (703) 435-6800, ext. 2100 to obtain customer identification numbers for yourself and your family members and your password. Registration for classes with this icon is not available through touchtone. Signature on our liability waiver will be required prior to program participation.



3. MAIL a completed form and separate check, money order or credit card payment to:

**Herndon Parks & Recreation
P.O. Box 427
Herndon, VA 20172**

4. FAX (24-hours-a-day) a completed form with a VISA or Master Card number and expiration date to: 703-318-8652. Faxed registration cannot be verified.

5. DROP OFF a completed form with separate check, money order or credit card payment into the drop boxes at the reception desks of the HCC, 814 Ferndale Avenue, Herndon, VA.

6. IN PERSON register at either reception desk at the HCC.

ATTENTION SENIORS!

Senior adults age 60 and over receive a 50% discount on classes.

Registration Form



REGISTRATION FOR TOWN OF HERNDON RESIDENTS BEGINS ON MONDAY, AUGUST 16 AT 11 AM.
REGISTRATION FOR NON-TOWN OF HERNDON RESIDENTS BEGINS ON FRIDAY, AUGUST 20 AT 11 AM



A separate check is required for each registration and NO special requests can be honored such as siblings and carpools.

HERNDON PARKS & RECREATION REGISTRATION FORM

MAIL TO:

Herndon Parks & Recreation
P.O. Box 427
Herndon, VA 20172-0427

Phone (703) 435-6868
Fax (703) 318-8652

CHECKS PAYABLE TO:

Town of Herndon

CHANGE OF ADDRESS/PHONE?

☐ Yes ☐ No

**Separate Registration Form
and Check Required for Each
Registration**

Refunds assessed the lesser of 20% or
\$10 with a minimum of \$1

All Returned Checks Are Subject To A
\$25 Fee

OFFICE USE

Method of Pay C CK CC LC
AP#

Processed By
Date Paid

HEAD OF HOUSEHOLD:

PARTICIPANT'S NAME: ☐ Mr. ☐ Mrs. ☐ Ms. Birthdate _____ Age _____ Sex _____

First: _____ Last: _____

Residence/Street: _____

City: _____ State _____ Zip _____

Home Ph. () _____ Work Ph. () _____

Email: _____

COMPLETE ONE FORM FOR EACH CLASS

Choice	Course Number	Course Title	Fee
1st			
2nd			
3rd			

SPECIAL ACCOMMODATIONS. Please call (703)435-6868 to speak with a program supervisor.

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING: ☐ VISA ☐ MASTERCARD

Credit Card Number _____ Exp. Date _____

Print Name of Card Holder _____

Signature _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me.

Print Name of Parent or Guardian _____

Signature of Participant, Parent or Guardian _____

HERNDON PARKS & RECREATION REGISTRATION FORM

MAIL TO:

Herndon Parks & Recreation
P.O. Box 427
Herndon, VA 20172-0427

Phone (703) 435-6868
Fax (703) 318-8652

CHECKS PAYABLE TO:

Town of Herndon

CHANGE OF ADDRESS/PHONE?

☐ Yes ☐ No

**Separate Registration Form
and Check Required for Each
Registration**

Refunds assessed the lesser of 20% or
\$10 with a minimum of \$1

All Returned Checks Are Subject To A
\$25 Fee

OFFICE USE

Method of Pay C CK CC LC
AP#

Processed By
Date Paid

HEAD OF HOUSEHOLD:

PARTICIPANT'S NAME: ☐ Mr. ☐ Mrs. ☐ Ms. Birthdate _____ Age _____ Sex _____

First: _____ Last: _____

Residence/Street: _____

City: _____ State _____ Zip _____

Home Ph. () _____ Work Ph. () _____

Email: _____

COMPLETE ONE FORM FOR EACH CLASS

Choice	Course Number	Course Title	Fee
1st			
2nd			
3rd			

SPECIAL ACCOMMODATIONS. Please call (703)435-6868 to speak with a program supervisor.

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING: ☐ VISA ☐ MASTERCARD

Credit Card Number _____ Exp. Date _____

Print Name of Card Holder _____

Signature _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me.

Print Name of Parent or Guardian _____

Signature of Participant, Parent or Guardian _____



16th Annual Herndon Labor Day

Jazz Festival



Featuring Latin Jazz All Stars
Nicki Gonzalez with Trio Balanca
Deanna Bogart

Music, Wine Tasting, Fine Arts

Mon., Sept. 6, 2004
12-6 PM

Herndon Town Green

Admission: \$3

Admission with Wine Tasting: \$15

Presented by the Town of Herndon Parks & Recreation,
The Council for the Arts of Herndon, Gutter Helmet
Systems and Smooth Jazz 105.9

Website: www.herndonarts.org • www.herndon-va.gov



Town of Herndon
Parks & Recreation
P.O. Box 427
Herndon, VA 20172

www.herndon-va.gov

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Herndon, VA
Permit No. 280

ECRWSS
Residential Customer

Special Events

SPOOKTACULAR

It's a spooky Friday night in honor of Halloween! Bring your little goblin or princess to hang out with us at the Community Center in their SPOOKTACULAR costume for some great Halloween fun! Each participant will receive a Halloween treat bag, slice of pizza, chips, a drink, plus have the opportunity to go on a spooky walk, create crafts, and enjoy some spooky entertainment. Parent involvement encouraged.

Ages 3-9

\$5/child-in advance

\$7/child-at the event

Fri.

Oct. 22

6:30-8:30 PM

2520.501



Town of Herndon Department of
Parks & Recreation presents the

26TH ANNUAL HOLIDAY ARTS & CRAFTS SHOW

Sunday, Dec. 5

10 AM-4 PM

FREE ADMISSION!

Herndon Community Center

Over 100 arts and craft vendors

Refreshments available



19TH Annual PET PARADE & EXPO

New Location

Location: Herndon Municipal Green, 777 Lynn Street

Join a Herndon tradition - the annual PET PARADE! Pets of all sizes and types are invited to be judged in this fun event. Join in the parade to show off your best bud and be judged on different categories: best costume, best float, owner/pet look alike, most unusual, and best trick. All categories will be judged and prizes will be given. One pet will be selected for best in show! Chance to win great door prizes! Sign up TODAY!

All Ages

\$4/person-in advance

\$5/person-at the event

Sat.

Sept. 18

10 AM-12 PM

2560.601



Trips

FALL FOLIAGE

We invite you to join us on a Herndon tradition and travel to the Western Maryland Scenic Railroad. Enjoy the fall foliage with an authentic steam train ride through the mountains of western Maryland. Trip includes transportation by motor coach, group leader, and train admission. NO REFUNDS AFTER OCT. 1.

Ages 13 & Up

\$48 (includes lunch) 2860.601

\$40 (lunch not included) 2860.602

Ages 3-12

\$35 (includes lunch) 2860.603

\$28 (lunch not included) 2860.604

Sat. Oct. 16

7:30 AM-5:30 PM



ATLANTIC CITY

It's a Herndon Tradition! Don't miss the Fall trip to Atlantic City, NJ. It could be your lucky day to win big. Play the slots or stroll the boardwalk for some shopping. The trip includes continental breakfast, motor coach transportation, trip leader, six-hour day at the casino and a cash rebate from the hotel. NO REFUNDS AFTER SEPT. 13TH.

Ages 21 & UP

\$42

Mon. Sept. 20

7 AM-10 PM 2840.101



PUMPKINVILLE

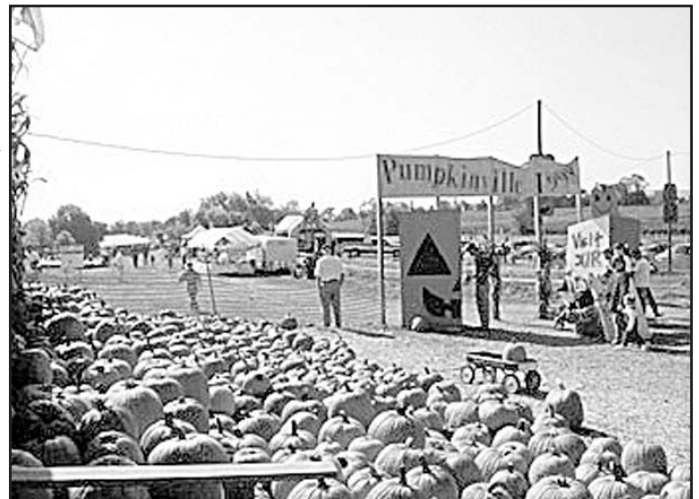
TRAVELING TOTS! Parents bring your children to a farm where Pumpkinville has come to life! Enjoy hayrides, the petting zoo, a 3-acre farm play area and all the cider you can drink! This is a great trip for the entire family. Trip includes transportation, unlimited hayrides, animal park, cider, apples, and a pumpkin to take home from the pumpkin patch. Children under 2 go for FREE! NO REFUNDS AFTER OCT. 1ST.

2 & Up

\$8/person (including parents)

Fri. Oct. 8

12-3 PM 2810.501



MIRACLE OF LIGHTS AT BULL RUN PARK

Join the Herndon Parks & Recreation on a trip to Bull Run Park in Manassas, VA to view the drive-through annual Miracle of Lights holiday lights display. View over 250 displays on this two-mile tour. We'll eat at the Cracker Barrel following the tour. Trip includes transportation, driver/escort, and tour. Trip DOES NOT include dinner. NO REFUNDS AFTER DEC. 2.

All Ages

\$4/person

Wed.

4:30 - 8:30 PM

Dec. 1

2850.401

Family Fun

FORDS THEATRE: A Christmas Carol

Come enjoy the Holiday season at the Fords Theatre in Washington, D.C. The classic tale, "A Christmas Carol" will help keep you in the Holiday spirit. Trip includes transportation, driver, escort and theatre tickets. NO REFUNDS AFTER DEC. 6.

All Ages

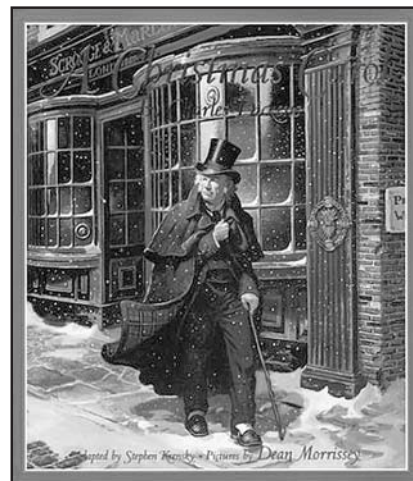
\$40/person

Thurs.

10:30 AM - 3 PM

Dec. 16

2860.401



CHRISTMAS IN NEW YORK

You're invited to spend three days and two nights in the Big Apple during the most beautiful time of year! Included in your package are the Rockettes Spectacular Christmas Show from the First Mazzaninie (**New! Great Seats!**), a chance to see the city from the top of the Empire State Building, a harbor cruise of the Hudson River to take in the Statue of Liberty as well as the spectacular skyline, a bus tour taking us past the Hard Rock Café, Broadway, and the Central Park Zoo and tours of Central Park, Grand Central Station, and Rockefeller Center. You will stay at the Embassy Suites in Secaucus, New Jersey within a complex filled with restaurants, shops and movie theatres for your convenience. Your total package includes: two nights hotel accommodations just 4 miles from New York City, two breakfast meals, Friday night dinner in Chinatown, new guided tour of the City, Rockettes show, harbor cruise, Empire State Building admission, transportation, group leaders, and taxes. Limited space for packages with harbor cruise and NYC bus tour. Deposit: \$150 accepted now through Oct. 8. Final payment due no later than Oct. 25. NO REFUNDS AFTER NOV. 1.

All Ages

\$480

Single Occupancy

\$335

Double Occupancy (king bed suite)

- additional \$20 required for (2) double beds

\$325

Triple Occupancy

\$295

Quad Occupancy

\$280

Quad Occupancy (Child 11 & under)

Fri.

Dec. 10 - 12

Depart 5:30 AM

Return 7:00 PM

2860.501

OR

For our adventurous NYC tourist, (you've been there and done that, and you'd like more free time in the City) choose our limited package which includes: motor coach transportation, Radio City Rockettes tickets, dinner in Chinatown, two nights hotel accommodations, and two breakfast meals.

\$440

Single Occupancy

\$305

Double Occupancy (king bed suite)

- additional \$20 required for (2) double beds

\$290

Triple Occupancy

\$275

Quad Occupancy

\$260

Quad Occupancy (Child 11 & under)

Fri.

Dec. 10-12

Depart 5:30 AM

Return 7:00 PM

2860.502

Maximum four people to a room.

